

SUMMIT



Netball

PROGRAM

YEAR 7, 8, 9 & 10 - 2027

STEP 1	ENROL AS A STUDENT
STEP 2	COMPLETE NETBALL FORMS RETURN BY 3 RD OF SEPTEMBER
STEP 3	ATTEND TRIALS 8 TH SEPTEMBER
STEP 4	AWAIT NOTIFICATION OF OUTCOME

SPECIALISED HPE CLASS

EXPERT COACHING, STRENGTH AND CONDITIONING TRAINING

ALL PLAYER LEVELS WELCOME TO TRIAL!



FOLLOW THE LINK TO ENROL



Ready. Net. Go!

SUMMIT



Netball

PROGRAM

YEAR 7, 8, 9 & 10 - 2027

Curriculum

- Access to three netball focused HPE curriculum lessons
- Specific skills, targeted strength and conditioning sessions, nutrition, recovery and theory units which align with ACARA.

Strength and Conditioning

- 1 strength and conditioning session per week run in the school's industry standard gym.
- These sessions are coached by staff with specialised qualifications.

Top Tier Competitions

- Super 7's
- INFQ
- Gala Days
- Exhibition Matches

High Performance Day and Workshops

- Each year level will participate in a high performance day in Term 3
- Focused on building communication, resilience and teamwork
- Workshops that focus on the importance of athlete nutrition and recovery

Partnerships

- Links with a variety of community and industry leaders
- These include training clinics, nutrition seminars run by industry leading dietitians and recovery facilities.

Ready. Net. Go!