



JOHN FORREST Secondary College
INDEPENDENT PUBLIC SCHOOL

180 Drake Street, Morley WA 6062
T: 9473 4000 F: 9272 6504
E: Johnforrest.sc@education.wa.edu.au
www.johnforrest.wa.edu.au

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 2016
(Applications accepted from Year 6 Students)

Applications close Friday 24 April 2015

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 29 APRIL 2015 (8.45AM-11.00PM).**
- **TRIAL DAY 2 - WEDNESDAY 6 MAY 2015 (8.45AM-11.00PM).**

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

Year 7 - 2016

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	<input type="checkbox"/>	Newspaper	<input type="checkbox"/>	Netball Club	<input type="checkbox"/>	Netball Coach	<input type="checkbox"/>	Other	<input type="checkbox"/>
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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

