



**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](mailto:johnforrest.sc@education.wa.edu.au)  
[www.johnforrest.wa.edu.au](http://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 - 2017**  
(Applications accepted from Year 6 Students)

***Applications close Friday 29 April 2016***

**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 Interscholar 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 4 MAY 2016 (8.45am-11.00am).**
- **TRIAL DAY 2 - WEDNESDAY 18 MAY 2016 (8.45am-11.00am).**

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](mailto:lynn.mcpherson@education.wa.edu.au)).



**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

## **SPECIALIST NETBALL PROGRAM**

(Endorsed by the Department of Education)

### **APPLICATION FORM**

**Year 7 - 2017**

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

☐

Newspaper

☐

Netball Club

☐

Netball  
Coach

☐

Other

☐

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

