



**BYFORD**  
SECONDARY COLLEGE

# NETBALL PROGRAM



# OUR PROGRAM

Our Netball Sport Science Program has been established to allow students to develop a deeper understanding of the practical and theoretical elements of netball. Students who are selected for the program will participate in two practical netball sessions per week with a WA Netball accredited teacher.

The program covers the development of movement skills, ball skills, attacking skills and defending skills through training sessions and game play. Students will also study fitness testing, video analysis of their game play, functional anatomy, peer coaching, exercise physiology, and umpiring.

The skills developed in this program will prepare students for the practical and theoretical content in the Year 11-12 Physical Education Studies courses should they choose to pursue that pathway in senior school. This course goes beyond the physical game and is a great way to explore career pathways and opportunities in health science, teaching and fitness coaching.

# OPPORTUNITIES

Successful students are able to access several opportunities afforded by the College including:

- Representing the College at interschool and lightning carnivals
- Excursions to watch the West Coast Fever
- Coaching at local primary schools
- An annual netball camp in Busselton also provides students with an opportunity to compete against high schools in the South-West.

The program has affiliations with the Success Netball association and Southern Districts Netball Associations.

# FURTHER INFO

For further information about our Netball Sports Science Program, please contact Sarah Lynch, our Netball Sport Science Teacher by email [sarah.lynch@education.wa.edu.au](mailto:sarah.lynch@education.wa.edu.au)

