

2025 Specialist Netball Program Prospectus

Students new to the Program
in Years 7 to 12 in 2025



**Living Waters
Lutheran College**
Netball Specialist School 

Netball WA Endorsed School

Living Waters Lutheran College is proud to be a Tier 1 Netball WA Endorsed Specialist School. We work with Netball WA to produce a comprehensive program in accordance with the Netball Australia Long Term Athlete Development Plan.

As a Netball WA Endorsed Specialist School, we must be able to demonstrate and provide a successful program that covers all aspects of netball, along with a holistic approach to student development.

The Program

Students who are selected into the Program will receive two Netball coaching lessons per week, with a focus on fitness, strength and conditioning, skill acquisition and court intelligence, with the main goal being to improve athletes' technique and performance on the Netball court.

Players will be exposed to various competitions and Carnivals to enable them to practice and consolidate the teaching and learning in weekly coaching sessions. The Program will also involve collaborative learning across year levels.





Practical Lessons

- Two in-school lessons per week
- One after-school lesson per week
- Biomechanics
- Ethical behaviour and fair play
- Exercise physiology
- First Aid – practical component of Basic First Aid Qualification
- Individual movement skills and sequences
- Netball curriculum framework
- Officials – Coaching, Umpiring and Bench Officials
- Strength and conditioning
- Skills in a competitive context
- Skill execution and tactical application
- Specialist coaching sessions with qualified external netball coaches
- Yoga
- Zumba

Theory Lessons

- Biomechanics
- Ethical behaviour and fair play
- Exercise physiology
- Functional anatomy
- First Aid – online component of Basic First Aid Qualification
- Health and nutrition
- Inter-personal skills
- Leadership and teamwork
- Mental health and well-being
- Motor learning and coaching
- Officials – Coaching, Umpiring and Bench Officials
- Problem-solving and movement challenges
- Sport psychology
- WA Health Curriculum



Program Highlights

- ACC Lightning Netball Carnival
- Basic First Aid Qualification
- CPSSA Netball Carnival
- Foundation Coaching Accreditation
- Foundation Umpiring Accreditation
- Health and Nutrition
- International Netball Festival
- Local Coaches Specialist Sessions
- Netball WA Multi-Cultural Netball Carnival
- Netball WA Specialist Coaching Sessions
- Netball WA Touch Points (umpiring and coaching)
- Outside the Locker Room
- RKAS Netball Carnival
- RKAS Netball Competition
- School Sport WA Netball Carnivals
- Southside Demons Netball Carnival
- Strength and Conditioning – qualified instructors
- Think Performance Sport Psychology
- West Coast Fever Shield Netball Carnival
- Yoga – specialist instructor
- Zero to Hero Programs
- Zumba – specialist instructor

Specialist and Development Programs

Specialist Program

The Year 10 to 12 Specialist Netball Program is coordinated by our Specialist Netball Coordinator. This Program enables students engaged in high-level competitive Netball to develop specific technical skills and tactical applications in preparation for Association, State and State League Netball Trials. Places are limited and will include athletes with the best emerging talent in Years 10 to 12.

Development Program

The Years 7 to 9 Development Netball Program is designed to support players who either have a strong potential for selection into the Specialist Netball Program when they reach those year levels or exhibit the potential to progress their Netball skills further in a Development Program. Places for this Program are also limited.





Information Session

4.00pm or 5.00pm Tuesday 18 June

Closing Date for 2025 Applications

3.00pm Friday 19 July

How to Apply

All applications must be submitted online via

www.livingwaters.wa.edu.au/netball

Trial Date and Times

Wednesday 7 August

Years 7 to 8 in 2025 3:45pm to 4:45pm

Years 9 to 12 in 2025 5.00pm to 6.00pm

Selection Process

- 1** Complete the application form by 3.00pm Friday 19 July:
www.livingwaters.wa.edu.au/netball
- 2** New students to the College will need to complete an application for enrolment:
www.livingwaters.wa.edu.au/enrolments
- 3** An invitation to trial will be provided once the application has been assessed.
- 4** Students will attend the appropriate trial time for their group.
- 5** Successful applicants will receive a contract to be filled out and sent back before the end of Term 3.

Frequently Asked Questions

If my child is not accepted, can he/she try again?

Yes, we have students' trial again the following year, some are successful and some are not.

Are scholarships available?

Yes. The student must be of 'Association Level' ability. That is defined as either:

- Played at the Fuel to Go and Play Association Championships, or
- Judged to be of 'Association Level' ability by a suitably qualified selector or Netball Program Coordinator.

(To find out more information about scholarships please visit www.livingwaters.wa.edu.au/netball under the 'Program Details' section)

What happens if my child is injured or ill on the trial day?

The Netball Coordinator must be notified on or before the trial date and an alternative trial date will be arranged.

How does the selection process work?

- Every applicant is assessed through game play.
- Every applicant is assessed on their natural athletic ability, as well as their coachability and attitude.
- Work ethic, behaviour and aptitude are considered.
- Applicants are compared with each other and the appropriate skill and fitness standards.
- School reports / references and coaching references are considered.

What is the expectation of my child if selected?

- Attend all coaching sessions and train with intensity.
- Attain an academic standard commensurate with their ability.
- Maintain a satisfactory standard of behaviour.
- Maintain a school attendance percentage of 80 or above.
- Become a positive role model at Living Waters in all areas of school life.
- Represent Living Waters in netball when selected.
- Strive to play at the highest level of club netball available in WA.

What is the out-of-school commitment expected of my child?

There will be one hour training sessions afterschool (rotations may occur depending on carnival and competition preparations). Carnivals and Competitions may be afterschool, on weekends or in the school holidays depending on coach/athlete availability.

Do you accept late applications?

Only in exceptional circumstances in consultation with the Netball Coordinator.

Can I return my application in person as a hard copy?

No. All applications must be received through the online application process via the Netball page on the Living Waters Lutheran College website: www.livingwaters.wa.edu.au/netball



Living Waters Lutheran College

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