FAQs

How many students are accepted?
In Year 8 and 9, the number of students accepted is enough to fill two playing teams and normally sits somewhere between 16 and 19.

In Year 10 and 11, the number of students selected into the program is enough to fill one playing team in each year level. This can also range from 8-10 players, depending on the mix of students who apply.

Does my daughter have to play for school?
Yes. All students accepted into the Netball Academy are required to represent their school. This forms part of the lesson training schedule and promotes an authentic learning experience. The games are run on Saturday mornings at 8, 9 or 10am at a specific location each week.

How much does it cost?
Playing Netball at Cardijn currently costs $60* to play in Terms 2 & 3 in the South Australian Catholic School Girls Secondary Sports Association (SACSGSSA).

Does my daughter have to purchase a uniform?
Yes. All students are required to purchase their playing uniforms. Currently uniforms cost $80* brand new. Some second-hand uniforms may be available.

*Current 2015 prices.

Will my daughter ever be in an Academy class with students from other year levels?
No. In Years 8 and 9 Academy classes are year level based.

Yes. In Years 10 and 11, students combine to form one class, but still play as separate teams on Saturday morning.

If my child does not pass the trial, can they still play school netball for Cardijn?
Yes, subject to enough interest from students who are not in the Academy program to form a team in their age group.

If my child missed the trials / was unsuccessful in the trial and selection process, will they be provided with an opportunity to trial?
Yes, trials are run at the end of every semester to ensure all students are given another opportunity, subject to places being available. Students who are unable to attend the initial trials may be given an opportunity to trial at a later date prior to the program beginning.
AIM

The aim of the Cardijn Netball Academy is to provide students with the opportunity to develop their skills, knowledge and general understanding of Netball. The Academy will promote a positive attitude towards health and fitness as well as develop personal skills including self esteem, confidence and leadership. All program participants will be given clear guidelines for future Netball pathways through participation at local clubs, as well as exposure to clubs represented at Premier League and ANZ Championship level.

STRUCTURE OF THE PROGRAM

Successful applicants in Year 8 and 9 will participate in three lessons of Netball per week, incorporating both theory and practical components.

Theory topics covered in Year 8 and 9 include:

- Goal setting
- Court structures
- Umpiring
- Coaching
- Pre-season fitness
- Player tracking
- Basic nutrition
- Game reflection

Students selected for the Stage 1 Netball Academy program are selected through a trial process (occurring early Term 4), the class is comprised of both Year 10 and Year 11 students. Students participate in 5 lessons per week, including 2 lessons of theory and 3 lessons of practical and students are involved in learning about the following topics:

- Biomechanics
- Fitness Analysis
- Body Systems
- Event Management
- Issues Analysis
- Skill Acquisition
- Nutrition
- Injury prevention & management
- Netball & the Media
- Game analysis & reflection

Students involved in the Netball Academy will also be given the opportunity to trial for School Knockout Competitions and the Tenison Woods Exchange, as well as school ‘friendly’ matches.

NETBALL PARTICIPATION

Students involved in the Netball Program are expected to represent the College in the South Australian Catholic School Girls Secondary Sports Association (SACGSSA) played on Saturday mornings at various locations around Adelaide.

On top of this, successful applicants will be strongly encouraged to also participate in the Adelaide Metro Netball Division (conducted at Netball SA Stadium on Saturdays during Winter). Participation in this competition allows for the students to apply their skills in varied contexts, that being as a player, coach or umpire.

CONTACT

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