



NETBALL

ACADEMY



COOMERA
ANGLICAN
COLLEGE



INTRODUCTION

Coomera Anglican College has had an impressive history in sport. We have enjoyed much success at local, regional, state and national levels. As part of our continuing commitment towards inspiring excellence, the College is proud to offer students the opportunity to participate in our Netball Academy Programme.

The Coomera Anglican College Netball Academy (CACNA) has been established as a result of the excellent results our teams have achieved in the APS (Associated Private Schools) competition, the NGCNA Club competition, Netball Queensland's Primary Schools Cup and the Vicki Wilson Cup competition.



PROGRAMME AIMS

1. To provide students from Years 4 to 12 with an opportunity to participate in a developmental netball programme.
2. To provide students who display identified netball talent with access to additional coaching, to enable students to achieve personal best and progress to elite levels of competition.



PROGRAMME OVERVIEW

EXCELLENT FACILITIES

The Coomera Anglican College Netball Academy is an elite based training environment created to encourage the best performance from all athletes.

It will comprehensively prepare athletes for their progression through the Netball Australia pathways, and provide them with the greatest opportunity to compete to the best of their ability at an elite level, through specialised coaching in all academy components.

The Academy is competency based and is designed to assist an individual's development, ensuring that all athletes have an opportunity to advance through the sport.



PROGRAMME STRUCTURE

The Coomera Anglican College Netball Academy emphasis is to advance skills, physicality and game sense, along with creating a well-educated, mentally strong athlete. The Netball Academy programme has been carefully designed to meet the needs of the participant and will incorporate the following key components:

- Technical ability and skill acquisition
- Tactical knowledge and execution
- Strength and Conditioning including Yoga/Pilates
- Agility programme—Fast Feet
- Player wellbeing programmes

Through our Netball Academy, and as part of our Year 4 – 12 APS sports, Athlete Development Programme and Physical Education curriculum, students will have the opportunity to develop their sporting talents, as well as learning strategies that assist in injury prevention, through an integrated programme of **Flexibility, Strength and Agility**.





STRENGTH & CONDITIONING— HIGH PERFORMANCE CENTRE

Strength and Conditioning is an integral part of the development of any athlete. The Strength and Conditioning discipline provides services in the areas of speed, agility, endurance, strength, stability, flexibility, injury prevention, management and rehabilitation for the purposes of enhanced athletic performance during competition.

Coomera Anglican College's High Performance Centre has been carefully designed to offer two distinct areas:

- 1. CARDIO ROOM**—Designed with specialised equipment aimed at developing an athlete's cardiovascular endurance.
- 2. GYMNASIUM/FUNCTIONAL ROOM**—Designed to improve and develop an athlete's muscular strength, endurance and power.



COMMITMENT

Students participating in the Academy programmes will be required to undertake training in each of these areas on a weekly basis. Timetables have been carefully designed to ensure students still can fulfil other commitments to their College work, family life and relaxation.

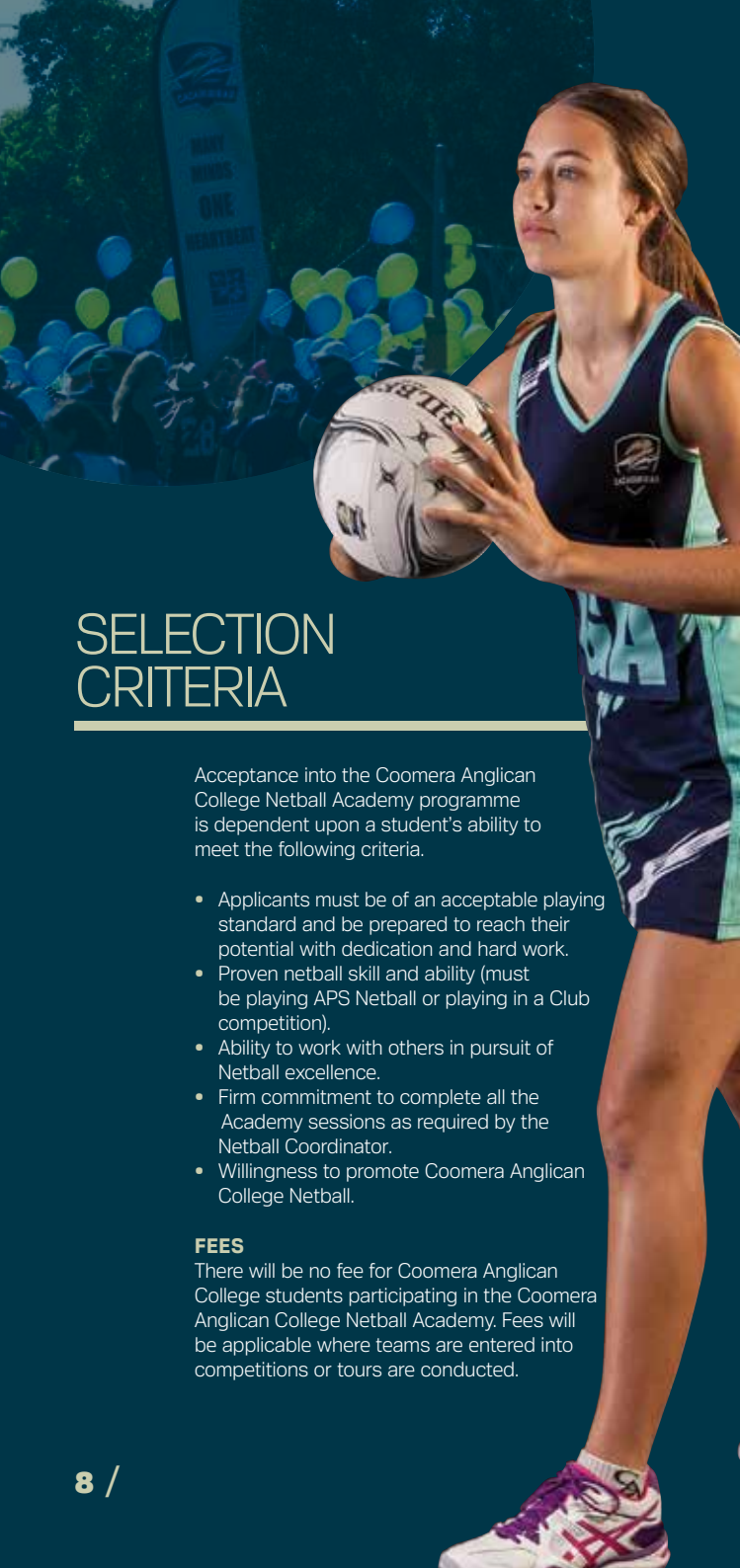
The Coomera Anglican College Netball Academy timetable has been carefully structured into the following sessions:

- Squad based specific skill sessions
- Fast Feet sessions
- Yoga/Pilates sessions
- Strength and Conditioning sessions (Cardio and Functional)

There are five netball squads based on the training ability of each athlete. Selection into each squad will take into consideration athletes reaching and maintaining benchmark criteria, as well as an athlete's age, body strength, mindset, commitment and overall netball proficiency.

Squad One is entry level through to Squad Five being the elite level.

Academy members will be required to participate in the allocated sessions as scheduled on their individual timetable. For some Academy members, integration with the Athlete Development Programme in Physical Education classes will form part of their Strength and Conditioning sessions.



SELECTION CRITERIA

Acceptance into the Coomera Anglican College Netball Academy programme is dependent upon a student's ability to meet the following criteria.

- Applicants must be of an acceptable playing standard and be prepared to reach their potential with dedication and hard work.
- Proven netball skill and ability (must be playing APS Netball or playing in a Club competition).
- Ability to work with others in pursuit of Netball excellence.
- Firm commitment to complete all the Academy sessions as required by the Netball Coordinator.
- Willingness to promote Coomera Anglican College Netball.

FEES

There will be no fee for Coomera Anglican College students participating in the Coomera Anglican College Netball Academy. Fees will be applicable where teams are entered into competitions or tours are conducted.



ELITE PROGRAMME

The Coomera Anglican College Netball Academy will also offer an elite programme for selected students who demonstrate a higher level of individual skill and commitment in Netball. Entry into the elite programme is by invitation only and all athletes wanting to progress to the elite programme must meet a selection criteria based on the key components of the academy. The Netball Coordinator will select these students based upon academy specific benchmarks, with all elements tailored to their unique needs. Competencies are then tracked to ensure that appropriate opportunities are being provided and there is increased performance in these selected athletes.



ANNA YOUNG
Netball Coordinator



ANTHONY HALL
Head of Sport

ACADEMY STAFF

Academy staff have been carefully selected for their expertise and knowledge and for their commitment to providing quality programmes.

ANNA YOUNG—NETBALL COORDINATOR AND ACADEMY HEAD COACH

Anna has extensive experience in school and association based netball settings. She has been involved in programmes for beginners through to Queensland level in various coach, manager, umpire and selector roles. She has initiated and implemented development programmes for talented athletes in regional areas of Queensland and travelled broadly through the State to work with emerging netball athletes. She brings current knowledge of the 'Australian Way' to the Coomera Anglican College Netball Academy and a passion for providing young athletes with the best opportunities to succeed in their netball careers.

QUALIFICATIONS

- Advanced Netball Coaching Accreditation
- 'C' Badge Netball Umpire
- Netball Coaching Presenter

EXPERIENCE OVERVIEW

- Queensland 12 Years Netball Championships—Convenor
- Queensland 12 Years Netball—Coach
- Netball Queensland 17/U State Team—Apprentice Coach
- Netball Queensland Regional Academy: Capricorn—Head Coach
- Capricorn Claws State League—Specialist and Assistant Coach
- Brisbane South Wildcats Queensland State League—Coach
- School Sport South Coast—Coach



APPLICATION PROCESS

Potential applicants are required to complete the online application form located on the College website.

For further information on this exciting programme please contact:

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TO ENROL VISIT THE COLLEGE WEBSITE:

www.cac.qld.edu.au

Many minds,
one heartbeat.



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