Netball Program - 2016

SPORT DEVELOPMENT PROGRAM

Box Hill Senior Secondary College (BHSSC) has been formally recognised by the Department of Education and Training (DET) as a ‘Specialist Sports School’. The main aims of the sport development program are for students to:
- Combine VCE study with intensive sport training and individual skills development during school hours.
- Develop skills and a knowledge and understanding of their sport.
- Study subjects relevant to their career goals that contribute to their ATAR score.
- Develop and enhance self-discipline, time management, goal setting and leadership skills.
- Enjoy playing the sport.

The Sport Development program acknowledges the development of the student both in their sporting and school program. The College recognises that students must also plan for a career beyond sport. Students undertaking the Sport Development Program may select their VCE program from the wide range of academic and vocational VCE courses offered at Box Hill Senior Secondary College. It is important that students take into account their individual talents, skills and future career interests when making their VCE course selection.

NETBALL PROGRAM

The BHSSC Netball Program aims to provide the highest development opportunities for students, assisting them in reaching their full potential. In addition, we seek to provide clear pathways for these students towards state, national and international representation. In order to meet these objectives, we have implemented a comprehensive and specifically structured training program. The program is delivered by highly experienced netball coaches together with the support of specialist strength and conditioning coaches, physiotherapists, nutritionists and sport psychologists.

The netball program is integrated into the student’s normal academic program and all sessions will be completed during normal school hours. This structure allows the program to be compatible with any existing netball commitments.

It is envisaged that the netball program will consist of:
- One 90 minute and two 60 minute squad sessions each week
- One fitness/weights session per week.

The squad sessions will focus on skills and positional training, game strategy and tactics.

The College competes in the Victorian Secondary Schools Sports Association (VSSSA) tournaments and the teams will be entered into any other competitions deemed relevant.

NETBALL COACHES:

Lauren Nardelli
Head Coach – Nardelli Coaching Netball Academy
Head Coach – Eastern United Netball Representative Teams
Consultant to various netball clubs
Creator of Net4Kids Netball Program
Competed in netball & athletics at a national level
Umpired netball at a national level (current A’badged)

Robert Nardelli
Assistant Head Coach – Nardelli Coaching Netball Academy
Assistant Head Coach – Eastern United Netball Representative teams
Myotherapist
Strength & Conditioning Coach
Over 10 years’ experience treating and training athletes and consulting to representative and state level sporting teams (netball & football)

Further Information

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