Introduction
Welcome to Somerset’s Netball programme for 2018.
Our College provides ongoing opportunities in Netball for approximately 200 students in Junior and Senior School from Year 3 through to Year 12. The programme offers students a fun, challenging, learning environment at all levels, from the first time netballer to the experienced elite netballer.
Players will experience new skills and drills and learn more about positional requirements and game plays that will enhance their abilities and knowledge as a netballer at Somerset.

Director of Netball and Head Coach - Sheryl Burns
The Somerset College Netball Programme is managed by Head Coach Sheryl Burns who has spent the majority of her life in the sports industry as a High Performance Athlete and Coach. Sheryl has represented New Zealand in Netball, Basketball and Surf Life Saving and has been a Coach from Club to National level for over 20 years.
Sheryl has been instrumental in the growth and success of the College’s Netball programme as well as leading our Elite team to an APS premiership and State Finals.

Our Coaches and Teams for 2018
Sheryl Burns    Open A – Academy – Year 6 – PSC – QISSN – VW
Tracey Payne    Open B
Elly Lynch      Open C – D
Helen Coombes  Year 10
Jill Margerison/Andrea Harris Year 9
Dane Oman/ Andrea Richards Year 8
Lola McLaughlin Year 7
Claire Walker   Tier 2
Sheryl Burns    Year 6
Melanie Framp   Year 5
Kylie Hall      Year 4

Junior Skills Programme
Lola McLaughlin
Andrea Richards
Andrea Harris
About the Programme

Associated Private Schools (APS) competition is an interschool contest played on Friday afternoons from 1-3pm on a home and away schedule. Games are played against the eight private schools in the Association. A and B teams are selected in each year level starting at Year 4 up to Year 12. Teams practice once a week before or after school.

Club Netball

Students have the opportunity to play Club Netball for Somerset on Saturdays or Monday evenings at Firth Park. This competition provides additional games for players and a longer playing season. Registrations will be early February.

Junior Skills sessions are held every Wednesday morning in Term One and Term Two for any students in Years 3 to 6 wanting to improve their knowledge and skills in the game. Sessions will start at 7.15am.

Elite Programme

This programme offers a higher level of training and competitions for players wanting to take their netball to the next level and compete at State level for the College.

Students in the Elite programme will be physio screened for potential injury and weakness and also fitness tested throughout the season. Strength and conditioning programmes will be available to players to assist with their overall health and wellbeing during the competition season. As part of the Netball programme students will also take part in the Netball Australian Knee Program as part of their practice and game warm ups.

Elite teams:

- **Junior Primary School team** (Years 4 to 6) participates each year in the Queensland State Primary School Cup competition. This is a two day fun carnival with over 100 primary school teams competing.

- **Somerset Netball Academy** is a selected group of the College’s talented, up and coming players. This group play club netball on Monday nights and compete in the State competition, the Vicki Wilson Shield.

- **Open A team** is our highest school team that competes from February through to October. Competitions include the APS, Monday night club netball, the Queensland Independent Secondary School Competition (QISSN) and the Queensland Vicki Wilson Cup. This team had an impressive year in 2017 winning the APS Premiership and the Wallas-Bassingthwaigte trophy v All Saints. For the first time ever the team made the grand final of the QISSN placing Runners up and had outstanding results at the Vicki Wilson Finals finishing 6th placegetters in Queensland. They also enjoyed the College’s first netball tour to New Zealand, meeting new friends, visiting and playing other netball schools and experiencing the kiwi culture on offer.

In 2017 four of Somerset’s Open A players were recognised by Netball Queensland for their outstanding season. **Rylee Burns** (QLD U15 Secondary School Team, QISSN All Star Team, QLD U17 Team and Golden South JAGS U19 Team) **Madizen Wilkins** (QISSN Rising Stars) **Kasey Collins** (QISSN Rising Star and QLD U17 triallist) and **Natalie Blauberg** (QLD U17 triallist).
Playing Uniforms

Students who play netball for Somerset will be required to purchase their playing uniform from the Bird and Bush Retail Centre. Uniforms cost $85.00 which include the dress and bummies.

Students who are selected in the Open A team wear a different playing uniform to the rest of the school. Players will be presented with their uniforms at Sports Assembly at the start of the year once the team is selected.

2017 Open A Team – APS Premiers
2018 Training Schedule

APS Senior School Teams Practice
All Teams (except Open A) – Monday and Wednesday 3.30 to 5.00pm
Open A Team – Wednesday 7.00am

APS Junior School Teams Practice
All teams (Year 4, 5, 6) – Tuesday 3.30 to 4.30pm

Junior Skills and Drills – Term One and Two
Wednesday 7.00 to 8.15am

Academy training – Term One to Three
Thursday 7.00 to 8.15am

2018 Competition Schedule

APS Senior School Competition (All teams)
Friday 1.00 to 3.00pm March to June

APS Junior School Competition (Year 4, 5, 6)
Thursday 1.00 to 3.00pm April to June

Somerset Netball Club
Monday night Competition (14yrs and over) – February to August
Saturday Competition (13yrs and under) – March to September
Monday’s competition is Somerset’s Club night for our Open A and Academy teams as well as senior school teams wanting to extend their netball season, have fun and play with their school friends.
Saturday Club competition is for our younger players who wish to play for Somerset in preparation for the Primary School Cup Team and also for students who want to have fun and play with their school friends.
All games are played at the Hinterland District Netball Association (HDNA), Firth Park, Mudgeeraba.

QLD Primary School Cup
15 to 16 September (dates and venue tbc)

QISSN
Rockhampton from 1 to 5 July

Vicki Wilson Cup/Shield
Round 1 – 31 July
Round 2 – 14 August
Finals – 13, 14 October
The Spartans Elite programme is for players in the Academy Squad and Open A team and in some areas the Primary School Cup team. This specialist netball programme is based upon a 3 phase periodisation program that is aligned to the dynamics of a netball season. Students participate in three sessions per week which includes:

- 60 min game
- 75 min netball specific training
- 60 min strength and conditioning session

Phase 1  Preparation Phase – Term One
Phase 2  Competition Phase – Term Two and Three
Phase 3  Off-season Program – Term Four

The training schedule supports a whole year of development focussing on preseason, in season and post season training methods.

- Specific skill and technique development
- Team and Strategy development
- Goal setting – individual/team
- Team building and bonding – Tour/camp
- Involvement in School and State competitions
- Individual strength and conditioning programs
- Physiotherapy screening, rehabilitation and recovery support
- Video analysis
- Fitness analysis
- Nutrition, sport psychology and injury prevention
- Education through Netball

PROGRAMME SUMMARY

Term One

**Focus:** Preparation Phase – Individual and Team

**Key Practical Concepts:** Individual and group fitness and conditioning programmes, Physio Screening, Injury prevention, The Knee Program, Strength and Conditioning programs, Technique Development, Game development and play: HDNA competition and Sunshine Grammar Exchange.

**Key Theoretical Concepts:** Nutrition Guest Speaker. Fitness Analysis – Students analyse their diet, identify fitness components relevant to their position and complete fitness tests and collect data to evaluate. Goal Setting – Students to set their goals for the season, individual/team.

Term Two

**Focus:** Competition Phase 1 – Individual and Team Game Development

**Key Practical Concepts:** Team building, fitness programmes, Technique Development, The Knee Program, individual/team and strategy development. Game play: HDNA Club competition, APS Schools Competition.

**Key Theoretical Concepts:** Video Analysis, Technique Analysis
PROGRAMME SUMMARY (cont.)

Term Three
Focus: Competition Phase 2 – Individual and Team Game Development
Key Practical Concepts: Individual, team and strategy development. Game play: QISSN, Vicki Wilson Cup/Shield, HDNA Finals, Primary School Cup.
Key Theoretical Concepts: Sports psychology, Video Analysis, Technique Analysis, Performance Presentation

Term Four
Focus: Off-Season Program
Key Practical Concepts: Season review.
Key Theoretical Concepts: Planning next season

PROGRAMME ACHIEVEMENTS AND RESULTS – Open A Team

2017
Associated Private Schools Competition (APS) Premiers
Wallas-Bassingthwaighte Cup Winners
HDNA 1st Division Competition 1st
Qld Independent Secondary School Competition (QISSN) Runners Up
Qld Vicki Wilson Cup Finals 6th

2016
Associated Private Schools Competition (APS) 2nd
Wallas-Bassingthwaighte Cup 2nd
HDNA 1st Division Competition 1st
Qld Independent Secondary School Competition (QISSN) 4th
Qld Vicki Wilson Cup Finals 9th

2015
Associated Private Schools Competition (APS) 2nd
Qld Independent Secondary School Competition (QISSN) 10th

TRAINING VENUE
Somerset College Sports Precinct

HIGHER EDUCATION THROUGH SOMERSET NETBALL

In 2018 students in the Netball programme Year 10 students will have the opportunity to select and complete Certificate III in Fitness with Netball Units.

The program aims to assist the growth and enhancement of netball and fitness in Queensland.

The netball units will give exposure to elite training methods and practices, with organised sessions from performance coaches. This program will gain a nationally recognised qualification to assist in a career path in health and wellbeing.

The qualification may help and assist in other career paths such as Physiotherapy, Rehabilitation, Nutrition, Sport First Aid/Medic, Health and Wellbeing Coach and Remedial Massage Therapist coupled with development in sport.
SPECIALIST COACHES AND STAFF

Sheryl Burns – Director of Netball and Head Coach

Somerset College Netball Elite Pathway

JUNIOR SCHOOL

- Club Netball – HDNA Saturday Competition
- Netball Queensland Primary School Cup

APS Team

Primary School Cup Team

SENIOR SCHOOL

APS Team

Club Netball

Academy Squad

Open A Team

School Representative

U12, U15, U19
Hinterland District

South Coast Region

Queensland State

National

- Club Netball - HDNA
- NQ Vicki Wilson Shield
- Somerset Club Netball HDNA Div1
- NQ Vicki Wilson Cup
- NQ QISSN

COURSE OUTLINE

Core competency
SISFFIT001 Provide health screening and fitness orientation
SISFFIT002 Recognise and apply exercise considerations for specific populations
SISFFIT003 Instruct fitness programs
SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
SISFFIT005 Provide healthy eating information
SISFFIT014 Instruct exercise to older clients
SISXCCS001 Provide quality service
SISXFAC001 Maintain equipment for activities
SISXIND001 Work effectively in sport, fitness and recreation environments

Elected Units
SISSNTB407A Teach intermediate level netball skills
SISSNTB408A Teach intermediate level netball tactics and game strategy
SISFFIT012 Instruct movement programs to children aged 5 to 12 years
BSBRSK401 Identify risk and apply risk management processes
SISFFIT006 Conduct fitness appraisals
SISFFIT007 Instruct group exercise sessions
HLTAID003 Provide first aid

This qualification will aid 8 points towards QCE or equivalent to OP 15.
Students will be placed in a working environment for work experience in the industry to support the knowledge and skill for assessment requirements.

COST $350 for qualification.

For further information about the course please contact our Director of Netball, Sheryl Burns.
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| 2018 | **Netball Coaches PD 3.30**<br>Dates: 1st training Academy Training, APS Round 2<br>**Saturday Sunday Day in Lieu**<br>**Gold Coast Show Day**<br>**Elite Teams**<br>**Fitness**<br>**JS APS Round 5 HDNA**<br>**Competition APS JS Practice**<br>**1st training JS APS Round 6 HDNA**<br>**Competition APS JS Practice**<br>**JS APS FINALS DAY**<br>**Saturday Sunday HDNA Competition**<br>**1st training Academy Training**<br>**Saturday Sunday HDNA Competition**<br>**Jun Netball Skills Year 456 Sunshine Grammar Game APS JS Trials**<br>**South Coast U15/19 Netball**<br>**Strength Cond. Programme Jun Netball Skills Year 456 APS JS Trials Strength Cond. Programme**<br>**Strength Cond. Programme APS JS Trials Strength Cond. Programme**<br>**Strength Cond. Programme APS JS Practice**<br>**JS APS Round 6 Saturday Sunday APS JS Practice**<br>**JS APS FINALS Saturday Sunday**<br>**School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays School Holidays**<br>**2018 Netball/APS Schedule**<br>**JANUARY**<br>**Saturday Sunday Saturday Sunday Saturday Sunday**<br>**FEBRUARY**<br>**Testing 1 Elite Teams Fitness Testing 1 Elite Teams Fitness Testing 1 Elite Teams Fitness**<br>**Testing 2 Elite Teams Fitness Testing 2 Elite Teams Fitness Testing 2 Elite Teams Fitness**<br>**Testing 3 Elite Teams Fitness Testing 3 Elite Teams Fitness Testing 3 Elite Teams Fitness**<br>**2018 Netball Calendar**<br>**JULY**<br>**AUGUST**<br>**SEPTEMBER**<br>**OCTOBER**<br>**NOVEMBER**<br>**DECEMBER**
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Spartans Medal Elite - 2018 Annual Training Plan