



Netball Academy

Peregian Beach College

SUNSHINE COAST



N E T B A L L



Welcome to our Netball Academy

Sunshine Coast Sporting Academy is recognised as the ONLY FULL-TIME Youth Academy in Australia. The program is integrated with top class private education and a full-time high-performance team.

This team is led by our full-time in-house Sport Scientist and Head of Performance, Associate Professor Bruno Pena Couto. Bruno and his team of support staff from University of Sunshine Coast, deliver a daily program over 52 weeks of the year, that is not rivalled in Queensland.

Managing Director Noel Woodall established the Sunshine Coast FIRE brand in 2007 and from this the sporting academy was developed and is today, spearheaded by Melvyn Wilkes in his role as Director of Sunshine Coast Sporting Academy. Melvyn has 23 years of experience in coaching and implementing youth and other development academy programs.

Our program includes technical sessions, agility and footwork, video analysis, yoga, game play, strength and conditioning, weekly sports science testing and data collection.

To apply for a scholarship, attend a trial or for more information please email pa.sports@pbc.qld.edu.au.

Meet the lead coach: Natalie Jarrott

Born in Western Australia Natalie's netball journey began at school and progressed through to League and State Representation.

Having played with Australian players and experienced national coaches her exposure to high performance sport and training experiences began early.

Natalie has held School, Club, Regional and State coaching roles. In addition Natalie has coached as the community schools coach with Netball QLD and has advanced accreditation attaining Elite and Level 1 Strength & Conditioning with ASCA (Australian Strength and Conditioning Association). She can also be found doing Commentary for the Hart Sapphire Series (Netball).

Natalie gained valuable insight and knowledge into the operations of high performance sport through community coordinator and team liaison with Sunshine Coast Lightning and Firebirds.

A USC Academy Coach, Natalie is always learning and expanding her knowledge and skills to give back to the sport that has given her so very much.

LEAD NETBALL ACADEMY COACH



NATALIE JARROTT

NATALIE JARROTT



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Netball Training Guide

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		6.30 - 07.30 Practical	7.00-7.45am Gym (juniors)	06.30 - 07.30 Practical		Junior Fixtures
	Academic	Academic	Academic	Academic	Academic	
PM	5.00 - 16.00 Sports Science Testing	13.00 - 15.45 Practical & Gym (seniors)	15.00 - 16.15 Conditioning	13.00 - 15.45 Practical & Gym (seniors)		

Sunshine Coast Fire Netball Club

The Sunshine Coast Fire Netball Club is the newest addition to the Sunshine Coast Netball Association (SCNA), becoming the 14th affiliated club within the association. The SCNA 2024 Junior - Day Competition, held on Saturdays, offers divisional competitions for players aged 11 to 18 years. Teams are graded based on skill rather than age, allowing for a diverse and competitive environment where players of different ages can play together. This approach fosters a strong competition for all skill levels and enables players to progress at their own pace while enjoying the sport.

Competition Structure

The SCNA Divisional competition caters to players aged 11 to 18 years, with teams being graded based on skill level rather than age.

This inclusive approach allows for a diverse mix of ages within teams, creating a competitive environment for all participants. The fixtures are scheduled to be played every Saturday from March to September, with games starting at various times throughout the day.

The age groups for the competition are as follows:

- 5-7 Years: Net Set Go Blue
- Turning 8 Years: Net Set Go Green
- Turning 9 Years: Net Set Go Gold
- Turning 10 Years: Net Set Go White
- Turning 11 Years to 18 Years: Still School Age Divisional from 1 (Top) through 17



Sunshine Coast Fire Netball Club

Fixture Schedule

The fixtures for the SCNA Divisional competition are organized as follows:

- Round 1: 7:30 am
- Round 2: 8:40 am
- Round 3: 9:50 am
- Round 4: 11:00 am
- Round 5: 12:10 pm
- Round 6: 1:20 pm

This schedule provides a structured and consistent framework for teams and players to participate in the competition throughout the season.

Conclusion

The establishment of the Sunshine Coast Fire Netball Club as the newest affiliated club within the Sunshine Coast Netball Association brings added diversity and competitiveness to the SCNA's junior netball competitions. With a focus on skill-based grading and inclusive age groupings, the SCNA Divisional competition offers an environment where players can develop their abilities at their own pace while enjoying the sport of netball.

To play for the Sunshine Coast Fire Netball club or for more information please email pa.sports@pbc.qld.edu.au.



About Peregian Beach College

Peregian Beach College is a non-denominational, co-educational, independent school that caters for students from the Preparatory years to Year 12. The quality reputation our school enjoys has been achieved through the hard work and diligence of our professional and experienced teaching staff and the innovative and forward thinking of our leadership team.

The College is situated on 21 acres of naturally landscaped grounds and sporting fields on Old Emu Mountain Road at Peregian Beach. The colleges' picturesque natural environment creates an ideal location to nurture the principles and values that guide the College:

- Reflection
- Inclusion
- Service
- Excellence

As part of the netball academy, students will receive:

- Full time educational scholarships
- Opportunities to train before and during school hours
- High quality education with passionate and caring staff
- Sport science sessions to help students to care for their bodies as athletes
- Peregian Beach College also engages an academy liaison to support students to balance their academic pursuits with their training and wellbeing.

