

SUNSHINE COAST
FULL-TIME NETBALL
ACADEMY



Full-Time Netball
Academy Prospectus

WELCOME TO THE FIRE



Welcome to the Sunshine Coast 'Fire' Netball Academy, Queensland's only full-time netball academy. Our academy offers an advanced and holistic program that combines rigorous full-time netball training with comprehensive athlete support services, including sports science and strength and conditioning.

The program is uniquely integrated with high-quality academic education, provided in partnership with Peregrine Beach College. This partnership ensures that our athletes receive not only top-tier athletic training but also exceptional academic instruction. The academic tuition is privately funded, offering various scholarship levels to help support our athletes' educational journeys.

At the Sunshine Coast 'Fire' Netball Academy, we are committed to nurturing the talents of our athletes both on and off the court, preparing them for success in all aspects of life.



VISION

The vision of the Sunshine Coast 'Fire' Full-Time Netball Academy is to develop elite athletes who excel both on the netball court and in their academic pursuits. We aim to be a leading institution in athlete development, providing a comprehensive program that nurtures physical, mental, and academic growth. By integrating world-class netball training, cutting-edge sports science, and strength and conditioning with high-quality education, we aspire to create well-rounded individuals who are prepared for the challenges of professional sports and life beyond.

Our goal is to cultivate not only skilled netball players but also leaders and positive role models in the community. We are dedicated to fostering an environment that values hard work, discipline, teamwork, and integrity, empowering our athletes to achieve their fullest potential and pursue their dreams at the highest levels of competition.

MISSION

1. **Develop Athletic Excellency:** Provide comprehensive and high-quality netball training to nurture the skills and talents of our athletes, helping them reach their fullest potential.
2. **Foster Academic Achievement:** Partner with Peregrine Beach College to ensure that our athletes receive a robust and well-rounded education, preparing them for future academic and career opportunities.
3. **Promote Holistic Development:** Offer a supportive environment that emphasizes the importance of physical fitness, mental well-being, and character development, ensuring that our athletes grow as well-rounded individuals.
4. **Cultivate Leadership and Integrity:** Encourage values such as teamwork, sportsmanship, discipline, and integrity, preparing our athletes to be leaders and positive contributors to society.
5. **Support Long-Term Success:** Equip athletes with the skills, knowledge, and mindset needed to succeed in professional sports and life beyond, fostering a lifelong passion for learning and growth.



THE PROGRAM

Structured training program 16+ hours per week

Termly games program against seq schools and programs, and sunshine coast schools and external tournaments

Transportation to and from games

Daily structured strength & conditioning program

Daily sports science support and athlete monitoring platform video player / team analysis

Player reports and athlete reviews



THE COMPETITION



- Coolum Night Comps – Winter and Summer
- Sunshine Coast Schools Competition
- Vicki Wilson Cup
- Lightning Cup
- Primary Schools Cup
- Fast 5

Adding more competitions each season.

SPORTS SCIENCE PROGRAM & ATHLETE MANAGEMENT SUPPORT



TESTING AND SUPPORT

- ✓ Weekly heart rate variability testing
- ✓ Weekly thermo image muscle scanning
- ✓ Weekly valid vertical jump and plyometric testing, daily data collection through validated scales, weekly hydration testing and monitoring (age appropriate)
- ✓ State of the art testing and monitoring equipment
Weekly performance and athletic reports
- ✓ 4 x strength and conditioning sessions per week



MEET THE TEAM

MELVYN WILKES

Sporting Director & Head of Global Academies

- o UEFA Professional Diploma Coach
- o Former Premier League Youth Coach
- o Former FA Coach Educator
- o Blue Card Cleared
- o First Aid Accredited
- o Child Protection Accredited



BRUNO PENA COUTO

Head of Global Performance and Sports Science

- o Masters Degree in Sports Science
- o PHO in Applied Sports Science
- o Professor in Sports Science
- o National Team Sports Scientist
- o International & Olympic Sport Scientist



Josh Tomlinson

Head of Strength & Conditioning

- o Bachelor of Sport & Exercise Science
- o ESSA Accredited Sport & Exercise Scientist
- o ASCA Strength & Conditioning Coach Level 1
- o SMA Level 1 Sports Trainer
- o Blue Card Cleared
- o First Aid Accredited
- o Child Protection Accredited



BROOKE JONES – Head of Netball

COACH BROOKE'S MISSION

- Foster a positive, supportive, and high-performance environment
- Empower athletes to **achieve their full potential**—on and off the court
- Develop skills, teamwork, and leadership through expert coaching
- Instill a lifelong passion for netball while building resilience and confidence
- Provide an **inclusive and challenging program** for personal and athletic growth
- Promote dedication, discipline, and sportsmanship in every player
- Support players in excelling academically, socially, and in their communities

Create a culture of excellence within the netball academy



- o Bachelor of Sport and Exercise Science
- o Certificates III & IV in Fitness
- o CPR and First Aid, Blue Card and Child Protection Accredited
- o Foundation & Development Netball Coach Accreditation



STUDY PROGRAM



PEREGIAN BEACH COLLEGE

Peregian Beach College offers a unique full-time academy program that seamlessly integrates rigorous academic education with intensive training.

This program is designed to ensure that students receive a comprehensive education without compromising on either their academic or training commitments.

The curriculum is delivered by highly qualified and experienced academic staff, ensuring high-quality education standards.

As an independent school, Peregian Beach College operates under the regulations and standards set by Independent Schools Queensland (ISQ).

This organisation oversees independent schools in the region, ensuring they meet educational standards and maintain a high level of quality in teaching and learning outcomes. The college's innovative approach allows students to pursue their passions while achieving academic excellence.

SCHOLARSHIP PROCESS

Tier One Sports Scholarship- 100%

Eligibility:

Selection Process: Lead coaching staff will determine eligibility based on a combination of practical assessment and a written submission outlining the applicant's previous level of representative performance in their relevant sporting code.

Benefits:

Academic Coverage: Full coverage of academic school tuition fees. (excluding levies and academy fees)

Conditions:

1. Attendance Requirements: Athletes must maintain an attendance rate of at least 90%. Falling below this threshold will result in demotion to a lower Tier Scholarship for the following year.

2. Behavioural Expectations: The Sporting Director the School Principal have the authority to demote an athlete's scholarship as a result of school external suspension or consistent poor behaviour.

During periods of suspension, athletes are not allowed to participate in any organised games or school-hour training sessions.

This scholarship is designed to support high-performing athletes both academically and athletically, ensuring they uphold high standards in all areas of their participation.

3. Review / Demotion: Each athlete will have an annual performance review conducted by the Lead Coaching staff, in which a technical and sports science report will be provided.

If a Lead Coach indicates that an athlete is underperforming and not meeting expectations, then a recommendation may be made by the Lead Coach for demotion into a lower Tier or removal from the program. The Sporting Director will review the recommendation and if satisfied with the assessment, it may be presented to the Sports Club Board for consideration /approval at the student's annual scholarship review.

The process for demotion and exclusion will take place annually, with written notice being provided within the last term of the school year (Term 4).

Tier Two Sports Scholarship- 80%

Eligibility:

Selection Process: Lead coaching staff will determine eligibility based on a combination of practical assessment and a written submission outlining the athlete's previous level of performance within their sporting code.

Benefits:

Academic Coverage: 80% coverage of academic school tuition fees (excluding levies and academy fees).

Conditions:

1. Attendance Requirements: Athletes must maintain an attendance rate of at least 90%. Falling below this threshold may result in the athlete being placed in a lower Tier Scholarship program.

2. Behavioural Expectations: The Sporting Director and/or School Principal have the authority to demote an athlete's scholarship as a result of school external suspension or consistent poor behaviour.

During periods of suspension, players are not allowed to participate in any organised games or school-hour training sessions.

This scholarship aims to support athletes who demonstrate strong potential and performance, while also maintaining high standards of attendance and behaviour.

3. Review / Promotion- Scholarship: Each athlete will have an annual performance review conducted by the Lead Coaching staff, in which a technical and sports science report will be provided.

If a Lead Coach indicates that an athlete is performing well and exceeding expectations, then an application can be made by the Lead Coach for possible promotion to the Tier above. The Sporting Director will review the recommendation and if satisfied with the assessment it may be presented to the Sports Club Board for consideration / approval at the student's annual scholarship review.

If a Lead Coach indicates that an athlete is underperforming and not meeting expectations, then a recommendation may be made by the Lead Coach for demotion into a lower Tier or removal from the program. The Sporting Director will review the recommendation and if satisfied with the assessment, it may be presented to the Sports Club Board for consideration /approval at the student's annual scholarship review. The annual review will be in addition to the termly reviews.

The process for promotion /demotion will take place annually, with written notice being provided within the last term of the school year (Term 4).

Tier Three Sports Scholarship- 50%

Eligibility:

Selection Process: Lead coaching staff will determine eligibility based on a combination of practical assessment and a written submission outlining the athlete's previous level of representative performance in their relevant sporting code.

Benefits:

Academic Coverage: 50% coverage of academic school tuition fees (excluding levies and academy fees).

Conditions:

1. Attendance Requirements: Athletes must maintain an attendance rate of at least 90%. Falling below this threshold may result in the scholarship being removed.

2. Behavioural Expectations: The Sporting Director and the School Principal have the authority to remove an athlete's scholarship as a result of school external suspension or consistent poor behaviour.

During periods of suspension, athletes are not allowed to participate in any organized games or school-hour training sessions.

This scholarship supports athletes with significant potential while emphasising the importance of maintaining high attendance and exemplary behaviour.

3. Review / Promotion- Scholarship: Each athlete will have an annual performance review conducted by the Lead Coaching staff, in which a technical and sports science report will be provided.

If a Lead Coach indicates that an athlete is performing well and exceeding expectations, then an application can be made by the Lead Coach for possible promotion to a Tier above. The Sporting Director will review the recommendation and if satisfied with the assessment it may be presented to the Sports Club Board for consideration / approval at the student's annual scholarship preview.

If a Lead Coach indicates that an athlete is underperforming and not meeting expectations, then a recommendation may be made by the Lead Coach for removal from any scholarship provision and may become a full fee-paying development athlete. The Sporting Director will review the recommendation and if satisfied with the assessment, it may be presented to the Sports Club Board for consideration / approval at the student's annual scholarship review.

The process for promotion and exclusion will take place annually, with written notice being provided within the last term of the school year (Term 4). An annual review will be in addition to the termly reviews.

APPLICATION PROCESS

Application

Enrolment commences with Peregrine Beach College (PBC). The below Expression of Interest must be completed:

<https://www.pbc.qld.edu.au/sporting-academy/>

(click on expression of interest)

Parents / Guardians will be required to submit the last 2 academic reports from current educational institution to the PBC enrolment officer

Following submission and sign-off of academic reports from College Principal, a sporting trial may take place. Peregrine Beach College will send you an official application form to complete and return.

Practical Trial

The application process for the full-time netball academy program at Peregrine Beach College includes a practical netball trial. This trial is a crucial component, as it allows experienced staff to assess the skills and competence levels of each aspiring athlete. Based on the evaluation, these staff members will provide detailed feedback to the Sporting Director, who then determines the appropriate level of scholarship to be offered.

There are three levels of scholarships available:

1. 100% Funded Academic Tuition: This scholarship covers the full cost of academic tuition fees, excluding additional levies and training fees.
2. 80% Funded Academic Tuition: This scholarship covers 80% of the academic tuition fees, with the remaining 20% to be paid by the student, along with any additional levies and training fees.
3. 50% Funded Academic Tuition: This scholarship covers 50% of the academic tuition fees, with the student responsible for the other half, as well as any levies and training fees.

These scholarships are designed to make the program accessible to talented athletes by significantly reducing the financial burden associated with tuition. For more detailed information, prospective applicants are advised to refer to the next page or contact the Peregrine Beach College directly.

PROGRAM COSTING

New Academy Enrolments

Sunshine Coast Sporting Academy and Peregrine Beach College have partnered to provide this fantastic scholar development opportunity.

Annual Academy Fee Information:

The academy program consists of both DEVELOPMENT and FULL-TIME opportunities.

Both programs follow a similar training schedule, however the Full-Time students receive a scholarship, under a tier scheme for their tuition fees from Peregrine Beach College (levies remain payable to the college).

The Development students are full fee-paying students. Sunshine Coast Sporting Academy Annual Fees*

Netball Academy – Full-Time (scholarship) and Development

\$4,100.00

Sports Academy Levy: \$1,100 (per year)

The Sports Academy Levy assists with the costs incurred in running training activities within, and outside of school hours. These costs may include, but are not limited to cleaning, electricity, sports facility maintenance, administration, equipment, transport (to offsite training sessions only) and academy staff development.

#THEFIREWAY

