



I would like to introduce you to an exciting opportunity where future and current Secondary Students can combine their sporting passions and talent; their academic progress and development as a person, all in the one supported environment at Western Heights College in the Specialist Netball Program.

Western Heights College is committed to providing positive support and ongoing learning opportunities to promote sustained academic and sporting excellence. The Specialist Netball Program allows student athletes to further achieve their sporting potential in a High-Performance Training Environment within a school hours program. This allows balance of both sport and academic as well as allowing student athletes to continue participating within their respective clubs and representative competitions working in collaboration.

Director of Netball is Susan Meaney Australia Diamond player #127, a 5-time Premiership Player with Melbourne Pumas and Melbourne Phoenix; current specialist coach at Melbourne Vixen, Head coach of the Vixen Academy, Director of the Barwon Sports Academy Netball and has held positions in Netball Victoria's Player Pathways in roles of scouting and selector.

Susan's coaching philosophy outlines that excellence and successful outcomes come with hard work and a relentless strong self-belief, which must be always present. Each person/athlete has a unique skill set and personality. Susan enjoys getting to know her athletes and connecting with them each individually to assist them in achieving their potential, becoming better athletes, and, most importantly, becoming better people through their journey and creating successful lifelong habits and behaviours.

In the netball program each athlete is provided with 4 Doubles (8 classes) of weekly Technical Training and Athlete Development **within school hours** using elite facilities at both Western Heights College and The Arena. This includes:

- Skill Development & Progression
- Specialist Area Development
- Game Knowledge & Strategy
- Physical Preparation, Organisation & Management/Recovery
- Individualised Strength & Conditioning
- Goal Setting, Assessing Performance & Preparing for Trial Processes
- Match Assessment & introduction to coding games
- Habits for success
- Enjoying what you do!!!!

If you are passionate about developing your netball potential in a supported and balanced High-Performance Environment, then launch your Secondary School journey with the Western Heights - Specialist Netball Program. This is a select entry program to ensure high quality is maintained in standard of participants.

We would like to further discuss the Specialist Netball Program with you and encourage you to come on a personal tour and visit our elite facilities. **Our Specialist Sports Program Open Night on Wednesday 18th May 6-8pm at Western Heights College.** Or contact us to arrange a personal meeting.

To learn more about our Specialist Netball program, or to book a tour please visit our website and click on the link below <https://www.whc.vic.edu.au/specialist-sports-program> or via <http://fb.watch/cYfEiJKnGu/>



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