



## TARGETED SPORTS PROGRAM- Netball



### The Program

The TSP- Netball is designed to contribute to the development of 20 identified aspiring young athletes in this sport by providing them with a variety of sport specific learning experiences throughout the year. Training sessions that focus on skill development, teamwork, and game strategies, fostering not only athletic skills but also confidence and sportsmanship among the players and tracking progress.

In order to contribute to the development of these aspiring young athletes, TSP- Futsal athletes will-

1. Participate in weekly sport specific training programs every Tuesday and Thursday from 7.30-8.30am. This will help develop them in their chosen sport by improving fundamental skills, knowledge and fitness.
2. Be provided with a variety of opportunities to compete and represent KHS in their chosen sport (**refer Competitions outlined below**).
3. Participate in the Talented athlete academic support program. This will allow them to access academic support in the school library on Wednesdays in lieu of attending sport or to sign out at the start of lunch times on Wednesdays to study at HOME, train or to recover. (**refer Talented Athlete Academic Support Program for further information**).
4. Have access to high quality coaching and development opportunities through affiliated and complementary sporting bodies.
5. Develop their personal understanding and knowledge of training and health components that build successful athletes.



## Competitions

- Schools Cup Netball competition yr 7/8 year group
- Schools Cup Netball competition yr 9/10 year group
- Fast five Netball competition yr 11/12 year group
- Far North Coast under 15's netball knockout competition
- Far North Coast under opens netball knockout competition
- Individual Far North Coast Netball selections- opens
- Vicki Wilson Cup Netball Competition
- Nicole Cusack Tweed Heads Netball Carnival

## Achievements

- 2024 Far North Coast under 15's -3<sup>rd</sup> place
- Fast Five Netball opens- 4<sup>th</sup> place
- 2 students selected in the North Coast Netball team.

## Coaching Staff Profiles

	
<p><b>Lucy Fitzhugh</b></p> <ul style="list-style-type: none"><li>Tweed Netball open's A player</li><li>Nicole Cusack Opens A Winner</li><li>Foundations Netball Coach</li><li>Developmental Netball Coach</li><li>PD/H/PE teacher</li><li>WWC certification</li></ul>	<p><b>Viki Pengilley</b></p> <ul style="list-style-type: none"><li>Tweed Netball representative coach for the past 19 years. (12years through to Opens)</li><li>Developmental Officer Netball Nsw and Qld</li><li>School Netball Program Facilitator NSW and Qld</li><li>Blue Card</li><li>WWC certification</li></ul>







