

# The RGS Netball Club

## Netball at RGS

### Why should you play netball at RGS?

**It's fun!**

**You build friendships!**

**It's competitive!**

**You learn new skills!**

**It's healthy!**

**You can progress further in the region and state!**

The Rockhampton Grammar School has a long history with netball varying from high level wins at state competitions to large participation numbers.

Our aim is to provide opportunities for each student to be the best netballer they can be. As John Wooden (famous basketball coach) has claimed, "Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming."

For some, success in netball may mean making our top team and competing at state events. For others, it may mean playing with friends in social teams with enough skills to compete well against girls in their age group. Either way, we cater for every girl who wants to play.

At RGS netball, we run a structured netball programme that encourages girls to gain age specific skills at each stage of their development. We provide them with access to qualified, passionate coaches who have their teams' best interests at heart and who volunteer a large amount of their time every year to the improvement of our netballers.

Additionally, we assist in developing life skills.

Sport is a perfect platform to teach skills, other than technical ones, as it's stressful, exhilarating, frustrating and enjoyable to participate in competition which can provide perfect opportunities for coaches to teach a range of resilience strategies. The School motto is 'grow in character and scholarship', and we focus on character in our netball programme.

Participation in physical activity is well-known to have not just physical benefits in health, but also mental benefits. Netball can assist with providing a sense of belonging to girls, especially those from rural areas or who are new to the School.

By the end of our programme, we hope all girls have skills that will allow them to feel confident to join a team in the future to maintain a level of health that will allow them to be successful in their endeavours.

To be a netballer at RGS, we do expect a high level of commitment, respect for self and others as well as a growth mindset from each of our players. In turn, they will gain the most out of the programme and themselves.

We look forward to seeing more eager, enthusiastic faces for the 2017 season!



Every opportunity.  
Every student.  
Every day.

