



# 2023 INTAKE APPLICATIONS NOW OPEN

Court Grammar  
School



# FEMALE ELITE SPORTS PROGRAM

Girls Specialist Netball  
Girls Specialist Basketball  
2023 Intake

Scholarships are available to high performing females in any  
the above sports



Visit [www.cgs.wa.edu.au](http://www.cgs.wa.edu.au) for more information

## **Entry**

Athletic Scholarships for girls entering Year 7, Year 8, Year 9 or Year 10 with highly competent skills in either of Netball or Basketball.

## **Who can apply?**

- Female students who have demonstrated a high level of competency at either Netball or Basketball entering Year 7, 8, 9 or 10 in 2023.
- Highly competent\* female netballers or basketballers can gain a scholarship into Court Grammar School based upon a detailed application form and a formal Sporting Club reference.
  - \*Highly Competent basketballers equates to Current WABL level player
  - \*Highly Competent netballers equates to Current Association Representative level player

## **What's involved?**

- **Netball Scholarship recipients** will be required to participate in the ongoing popular Netball Co-Curricular training sessions held before school every Thursday throughout Term 1 and Term 2 each year with an accredited coach.
- **Basketball Scholarship recipients** will be required to participate in the Basketball Co-Curricular training sessions held on Thursday mornings throughout Term 3 and 4. These sessions will be run by Former College Basketballer, Gabby O'Sullivan.
  - Ricky Grace (Perth Wildcats Legend) also runs an Elite basketball training session year-round, once a week, for our highly skilled basketballers.
- Once accepted into the Female Elite Sport Program, Netballers and/or Basketballers will also have the option to join in with the highly sought-after AFLW Academy timetabled class taught by Fremantle Dockers Star, Gabby O'Sullivan. See School Website for details on the AFLW Academy and the amazing opportunities available for those students.
- Court Grammar enters teams into annual competitive tournaments at the following year levels:

<b><u>Netball</u></b>	<b><u>Basketball</u></b>
Year 7	Year 7
Year 8/9	Year 8/9
Year 10	Year 10
Year 11-12	Year 11/12

## **Training times**

### **Year 7-10**

- **Netball:**
  - Term 1 and Term 2. Thursday mornings, 7.30am-8.20am
- **Basketball:**
  - All year option. Tuesday mornings Ricky Grace Elite basketball squad, 7.00am-8.15am
  - Term 3 and Term 4. Girls only session, Thursday mornings, 7.30am-8.20am
- **Optional AFLW:** Year 7-9. Two timetabled classes per week throughout each year  
Year 10. Three timetabled classes per week throughout the entire year

### **Year 11/12 (During class time)**

- **5 Period Allotment (once a day):** Variety of practical sessions and Sports theory sessions detailing Sports Psychology, Biomechanics, Nutrition, Exercise Science