



Court Grammar
School

2023 INTAKE APPLICATIONS NOW OPEN



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 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 Basketball, 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:

<u>Netball</u>	<u>Basketball</u>
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