

Netball

Train Like a Vixen



The Positive Start program for 2022 offers students in Catholic schools a chance to reconnect with their peers and enjoy the kinds of activities many may have missed out on over the past 2 years. Following a successful application on behalf of St. Mary's, we managed to secure a place in Netball Victoria's Train Like a Vixen Clinic. St. Mary's were afforded the opportunity to attend two clinics. On November 9th & 17th, all students in Years 3, 4 & 5, headed off to the State Netball Centre in Parkville for a 4 hour coaching session. Accompanied by staff and parent volunteers, all students were put through their paces as they engaged in 7 different activities. Ranging from shooting to defence work, ball skill to a recovery session, girls and boys from St. Mary's had a marvellous day at the very impressive State Netball centre. We were also afforded the opportunity of a Q&A session with a Vixen. Upon our arrival back at school, Netball Victoria provided all participants with a gift as a memory of their day. Everyone thoroughly enjoyed their excursion and gained valuable insight into how to play netball and also how crucially important teamwork and cooperation is, in any team sport. Many thanks to all the adults who contributed to making this day a huge success.

