



## NETBALL UPDATE

“Dare to Dream” is the motto of Darling Range Sports College and the school has cemented its reputation for producing elite athletes who embody this determination to achieve.

West Coast Fever recruit and past student Jessica Anstiss and current Year 11 student Katie Te Ao, are the success stories of the High Performance Netball Program at the College.

Jessica Anstiss is the epitome of “daring to dream” and her achievements since her graduation in 2013 are extensive.

In September 2016, Anstiss was selected as the final player in the West Coast Fever squad, playing a pivotal role for the team in the Suncorp Super Netball League.

Anstiss said she was scared to enter the Fever environment as a new and young recruit.

When questioned on the challenges she faced, Anstiss said “Training in a high performance environment every day and stepping up to the intensity of trainings and games was the most confronting”.

Anstiss however, finished the season with 28 interceptions and 23 deflections and was awarded Most Valuable Player at the recent West Coast Fever Awards Night.

“It was hard to adapt to a different level of physicality and intensity and to win MVP is surreal,” she said. “It is a credit to the team and I wouldn’t have won it without any of them.”

Katie Te Ao is also carving her own path to success and earlier this year, she was announced in the School Sport Australia Under 15’s Australian team which travelled to Fiji in May 2017.

“The most challenging aspect of Fiji was meeting all these new girls who had different styles of play and combining it all together in under three days before the competition started” said Te Ao. “The experience overall was the most rewarding aspect by far.”

Te Ao credited Darling Range Sports College and said the High Performance Netball Program gave her the opportunity to learn more about the game and improve her own style of play.

Te Ao and Anstiss are currently participating in the 2017 Western Australian Netball League for the Darling Range Netball Region.

Anstiss however, was also named in the Australian World Youth Cup team that will be travelling to Botswana in July. She said experience is the aspect that she wants to take away from the tour. “Having the experience of playing against international teams and the best players in the world of my age group is important to me,” she said.

It is evident Jessica Anstiss and Katie Te Ao embody the “Dare to Dream” motto of Darling Range Sports College as they continue their successes on the netball court.

Interviewed and written by Amy Delcaro