



NETBALL ACADEMY – SUMMER 2018/2019

From October 2018 to February 2019 *Taught and Bowled* is offering aspiring netballers the chance to be involved in a Netball Academy program. The program is offered to netballers of all abilities from ages 10 to 15.

The program will focus on technical and tactical skill development and progression as well as core strength and fitness. Squad members will take part in netball specific testing and receive take home programs to improve their ball skills, footwork, balance/core strength and fitness. All participants will receive a training singlet, drink bottle and back pack.

Sessions will be delivered by accredited and experienced coaches who will work with the participants throughout the program.

Three programs are being offered:

PROGRAM 1 – South West	PROGRAM 2 – North East	PROGRAM 3 – Hills
Venue: SAUCNA Netball Courts (cnr Anzac Hwy and Greenhill Rd) Time: 6:00-7:45pm Day: Monday* Dates: 29 Oct, 5 Nov, 12 Nov, 19 Nov, 26 Nov, 3 Dec, 10 Dec, 14 Jan, 21 Jan, 28 Jan, 4 Feb *There are two Sunday sessions that will involve match play, filming and review which will be held at Priceline Stadium on Sun 2 Dec and Sun 20 Jan from 9:00am-12:30pm.	Venue: Campbelltown Comets Netball Club (35 Emery Rd, Campbelltown) Time: 5:00-6:45pm Day: Tuesday* Dates: 30 Oct, 6 Nov, 13 Nov, 20 Nov, 27 Nov, 4 Dec, 11 Dec, 15 Jan, 22 Jan, 29 Jan, 5 Feb *There are two Sunday sessions that will involve match play, filming and review which will be held at Loreto College on Sun 9 Dec and Sunday 10 Feb from 1:15-4:45pm.	Venue: Cornerstone College (66 Adelaide Rd, Mt Barker) Time: 5:45-7:30pm Day: Thursday* Dates: 8 Nov, 15 Nov, 22 Nov, 29 Nov, 6 Dec, 13 Dec, 17 Jan, 24 Jan, 31 Jan, 7 Feb, 14 Feb *There are two Sunday sessions that will involve match play, filming and review which will be held at the Cornerstone College gym. Sun 25 Nov from 11:45am-2:45pm and Sun 3 Feb from 9:30am-12:30pm.

For more information or to register for the program please click [HERE](#) or contact Alice Johnswood at alice@taughtandbowled.com.au

PLACES ARE LIMITED SO REGISTER EARLY TO AVOID MISSING OUT