



## **8 Week Summer Netball S & C and Skill Development Programme**

Netball Players who are planning to be part of the TECT Tauranga Netball Centre Rep programme and who want a **Strength & Conditioning** and **Skill Development** programme over the summer months.

### **Netball Combined Skills and S&C Sessions**

**Thursday morning 6am start**

**Sunday evening 6pm start**

*These sessions will be 1 hour long and have skill development work and S&C*

*Players can attend 1 or both sessions each week*

#### **Session Dates:**

Week 1	Thurs 9 <sup>th</sup> Dec 2021	Sun 12 <sup>th</sup> Dec 2021
Week 2	Thurs 16 <sup>th</sup> Dec 2021	Sun 19 <sup>th</sup> Dec 2021
Week 3	Thurs 13 <sup>th</sup> Jan 2022	Sun 16 <sup>th</sup> Jan 2022
Week 4	Thurs 20 <sup>th</sup> Jan 2022	Sun 23 <sup>rd</sup> Jan 2022
Week 5	Thurs 27 <sup>th</sup> Jan 2022	Sun 30 <sup>th</sup> Jan 2022
Week 6	Thurs 3 <sup>rd</sup> Feb 2022	Sun 6 <sup>th</sup> Feb 2022
Week 7	Thurs 10 <sup>th</sup> Feb 2022	Sun 13 <sup>th</sup> Feb 2022
Week 8	Thurs 17 <sup>th</sup> Feb 2022	Sun 20 <sup>th</sup> Feb 2022

### **Optional Strength and Conditioning Sessions**

Monday, Wednesday & Friday - 5pm - 6pm (INCLUDED)

There is a Strength & Conditioning coach leading the combined group session and also monitoring athletes on individual programmes.

Two coaches will run the ball skills in the Netball Combined sessions.

This is targeted towards athletes who really want to shift their Strength & Conditioning and skill development to another level.

**Cost - \$100 for the 8 week programme** (this is reduced from a full cost of \$160 includes Netball Combined sessions and optional Strength & Conditioning sessions on Monday, Wednesday and Friday)

Payment Options are available, please discuss with [ops@tauranganetball.co.nz](mailto:ops@tauranganetball.co.nz)

Payments are to be made directly to Tauranga Netball Centre 03-0435-0556307-00 Ref: AFS-Surname

**Register** - Please follow link to register. <https://forms.gle/weZNXu21zGp7UTTTA>

Registrations close Sun 5th Dec

**Start date** – 9<sup>th</sup> December 6am Session 1

**Location** – The Athlete Factory, 124 Aerodrome Road Mount Manganui

**PLEASE NOTE: THE ATHLETE FACTORY REQUIRES ALL PARTICIPANTS ARE REQUIRED TO BE FULLY VACCINATED AGAINST COVID 19**