



NETBALL MASTERCLASS

This weekly clinic will be led
by former Melbourne Vixens
star Ruby Barkmeyer



PROGRAM OF TRAINING:



SKILLS DEVELOPMENT

Focus on passing, shooting, footwork, defense, and attacking skills for game improvement



GAME SENSE AND STRATEGY

Tactical play, positional awareness, and teamwork for effective strategy and communication



STRENGTH AND CONDITIONING

Speed, agility, endurance, and strength drills for improved performance and injury prevention



TEAM BUILDING ACTIVITIES

Interactive games and activities designed to promote teamwork and communication



CLINIC DETAILS:

WHERE: ST KILIANS
PRIMARY SCHOOL

PROGRAM COST:

\$144

AGES: PREP -
GRADE 6

PROGRAM DATES:

TUESDAY 13TH FEBRUARY -
TUESDAY 3RD APRIL

TIME: 3:30PM - 4:30PM



Beau: 0428 326 924



www.kellysports.com.au/bendigo



beau@kellysports.com.au

INFORMATION

FOR PARENTS

MULTI-SPORT

INFORMATION

Each session will run for a duration of one hour.

This term we will focus on the following sports:

- ✓ Cricket
- ✓ Soccer
- ✓ Basketball
- ✓ Golf
- ✓ Tennis
- ✓ Hockey
- ✓ Athletics
- ✓ AFL

This programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For Prep – Grade 6 students.

8 WEEK PROGRAM FOR \$128

School: St Kilians Primary School

Day: Tuesday

Start Date: Tuesday 11th February

End Date: Tuesday 1st April

Session Time: 3:30pm - 4:30pm

Sign up at any time & only pay for the weeks remaining.

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