



SCHOOL HOLIDAY NETBALL CLINIC

JOIN US FOR TWO ACTION PACKED DAYS OF NETBALL!

Learn some valuable skills and make some friends along the way. Coached by Wilson Storage Southern Saints players and coaches and featuring special guest Leah Percy!

Age - 10 - 13 year olds

Time - 9am - 3pm each day

Venue - Mentone Grammar Indoor Courts, Como Parade West, Mentone.

Cost - \$100 per day, or \$180 for both days

What to bring - Runners, drink bottle, lunch and snacks.

See booking page for further details.

**TWO ACTION
PACKED DAYS!**

Thursday 4th July

Friday 5th July

Activities include

THURSDAY 4TH JULY

- Strength & Conditioning
- Ball Handling & Attack
- Teamwork Games
- Defensive Skills
- Match Play
- Amazing Race

FRIDAY 5TH JULY

- Footwork
- Nutrition
- Teamwork Games
- Shooting Technique & Skills
- Guest Speaker - Leah Percy
- Meditation/Yoga
- Injury Prevention/Management

Plus prizes to be won and lots of fun to be had across both days!



Wilson Storage
Southern Saints



Bookings close 1st July 2019 at 5pm, places are limited.

www.trybooking.com/BCYCD

BOOK NOW!