

Netball: weekly Clinic Days
Grade 1-7 Tuesdays and/or Fidsays
2nd Term at Gene Louw Primary



Money Back: Notify us of absenteeism **before** 08h30 on participation day (WhatsApp only) to deduct a R35 from your next term fee.

Coaching Ratio: 12 players/coach and pro rata thereafter e.g.: 28 players = 2 Coaches for 3 lessons, 3 coaches for 1 of the 4 lessons.

Contact Lazelle Oelofse (Organiser: WPNA)
021-976 8431 / 082 054 2000 / info@wpna.co.za

Clinic days: 4 Tuesdays from 30 May and/or 4 Fridays from 1 June

u/7 - u/9: 13h15 - 14h15: 4 Tuesdays or 4 Fridays @ R140 or both: R280
u/10 - 13: 14h30 - 15h45: 4 Tuesdays or 4 Fridays @ R140 or both: R280

Everyone is welcome regardless of exposure or talent

Dear parents, the pink netball T-shirts (youngsters refer to our beautifully designed T-shirts, now in it's **17th year**) is starting lessons at GL! We are involved in school team practices (u/7 and u/9 for now) while we provide extra lessons to those interested.

A holistic Mission: Using netball to build self-onfidence, spilling over to all levels of development, lasting a lifetime.

At Gene Louw: WPNA will host weekly Term lessons, during all 4 school Terms, each Term's number of lessons are different. Watch our website, find pamphlets or better still: ask to be added to our inventory list (old students are automatically put on) to receive future Clinic information via Email.

Coaching Focus: u/7: Ball and Movement Skills with basic game tricks. Game play: get that ball to our post.

Coaching Focus: u8+9: Ball and Movement Skills with speed, aggression and accuracy focus. Game play: where to offer and release, keeping tight on defending: head up, eyes peripheral.

Coaching Focus: u/10+11 Basic and Advanced Skills.

Positional Skills: Lots of broken down repetition to ensure better timing and performance of desired outcomes.

Coaching Focus: u/12+13: advanced tricks techniques, but basic skills for those in need. Team Play: adapting to external factors while emphasizing the tricks of each playing position.

More Clinic Info, Online Booking only: www.wpna.co.za

After we received your Booking via our website, your will receive a confirmation with much more administrative information.

Kind regards, Lazelle Oelofse and WPNA Coaches.

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