

INFORMATION - ESCPSNA YEAR 2 NETBALL DAY

MONDAY 12 APRIL 2021

VENUE

Waverley Netball Courts. Best approach from Birrell Street, opposite Waverley Senior School. Parking found in St Mary's Avenue, Birrell St or Goldie Avenue. 7 minute walk from Bondi Road.

START TIME

Check in commences from 8.20am with an aim to start at 9.00am.

At check-in, please advise us of who will be collecting your child at 3.00pm.

WE SIGN IN AT TOP COURTS AREA, near amenity building.

COLLECTION TIME

The Clinic will finish at 3.15pm. Please collect from top court area.

WHAT PLAYERS ARE TO BRING

1. Snack for morning tea; please no food containing nuts as other children suffer allergies.
2. Healthy lunch.
3. **Two water bottles, sun visor, rain jacket & rug/towel** to sit on at breaks.

WHAT PLAYERS ARE TO WEAR

Wear comfortable sports clothing. Wear proper sports shoes with socks. The idea is to be able to run and move comfortably. A rain-jacket is essential. A Sun visor/cap is essential too.

THE PROGRAM:

Netball instructors will introduce our young players to the netball court area & game positions over the course of the day, but mainly after lunch when they play some games.

We have booked 4 x Courts. Four (4) groups will rotate every 45 minutes to work on a new SKILL. Schools will be grouped together. Modified 'games' played the last 45 minutes.

Approximate group size is 12 players.

Skill success & full understanding of the game; rules; where players may and may not run, will not happen overnight. Players will learn more each week at training and Saturday games.

YEAR 2 SCHOOL COACHES IN ATTENDANCE:

Year 2 Coaches who attend the day, will work with our instructors and get active, or may choose to take notes. Year 2 coaches will rotate around the group stations with their school group.

Bring food and drinks for the day. We have a fridge and boiling water. Bring a clipboard and notebook if you wish.

BREAKS

There will be one morning tea break, then a lunch break. Coaches will ensure all girls travel to the bathroom in pairs. Safety comes first during the day.

OUR COACHES

All Coaches are experienced, energetic, skilled and passionate about teaching young children. All are skilled in netball coaching.

WET WEATHER PLANNING

1. If light rain is falling on the day of the clinics, however, the forecast says it will clear, we will not cancel, as rain can come and go and our players don't seem to mind a sprinkle or two!
2. If storms/ constant rain are predicted, a POST on the www.escpsna.com website at 7.30am will explain re decision to CANCEL for the day. Contacts will be emailed too. A refund (less \$10 admin) will be organised back into your cc accounts via TryBookings.

INJURIES & ILLNESSES

We have your emergency contact if needed in case of any accident, injury or a player becoming unwell. ESCPSNA provides a basic First Aid Kit and ice is on-site.

QUESTIONS BEFORE CLINIC- holidayclinics@gmail.com

On the actual day, there is no time to visit email. Use mobile on day of the clinics 0411 697 195.

Regards from Kat

CONTACT DETAILS on DAY OF CLINICS: Kat Mobile: 0411 697 195

Kat McGrath

Clinic Organiser, Head Coach



E.S.C.P.S.N.A