

# Club Academy

Prepare for the season with your choice of a five or six week Club Academy.

#### WHAT YOU GET

Seperate your club into age groups and enjoy one hour a week\* for five or six weeks. We'll designed the program specifically for your club, just let us know what you want to work on!

Empower your players with our netball specific fitness, fundamental skill development and specialist sessions.

\*Maximum 3 hours e.g. U10s, U12s and U14s

#### WHERE

We come to you!

# **WITH**

Train with our professional and qualified coaches, including professional players like former NSW Swifts captain Abbey McCulloch and some of NSWs most promising up and coming superstars.

# WHEN

Pre-seaon, in-seaon or post-season. You decide!

# Club Clinic

Celebrate your players with a day of netball!

### WHAT YOU GET

One fun-filled day full of netball! Our clinics include skill development, netball specific fitness and education components including teamwork, confidence, leadership and empowerment.

#### WHERE

We come to you!

#### WITH

Train with our professional and qualified coaches, including professional players like former NSW Swifts captain Abbey McCulloch and some of NSWs most promising up and coming superstars.

# WHEN

Pre-seaon, in-seaon or post-season. You decide!



Create confident coaches!

#### WHAT YOU GET

Three hours to pick the brain of one of our qualified and experienced coaches. Get an insight on how to create an inclusive and enjoyable environment for your team and learn new drills and skills.

This session involves both a practical and theory component\*.

\*All coaches will receive a coaches manual.

#### WHERE

We come to you!

#### WITH

Work with coaches QBE Swifts Academy Assistant Coach Abbey McCulloch and NSW Junior Coach of the Year nominee Laura Towell.

#### WHEN

Pre-seaon, in-seaon or post-season. You decide!