

about the academy

The Hastings Sports Centre Netball Academy has been set up to give your child an advantage this season.

The Academy is a five week comprehensive pre-season skills and development based programme aged for children five through to thirteen years old. Your child will learn the foundation skills required by young players to assist them to progress to the top of the sport.

Your child will be coached by our experienced academy coaches, who have several years playing and coaching experience between them.

the curriculum

The curriculum has been written using a variety of the latest knowledge of development skills for the ages five and up.

The programme runs on a progression model, each week of the programme reinforces the skills learnt in the previous week and introduces the child to new skills or an extension of the previous skill learnt.



Hastings Sports Centre
Railway Rd
Private Bag 9002
Hastings
Phone: 8787988
Fax: 8780053

Email: hastings.sportscentre@xtra.co.nz
Website: www.hastingsportscentre.co.nz



Hastings Sports Centre NETBALL ACADEMY

During the academy the curriculum covers 5 areas

- Movement Skills/
Fitness
- Ball Skills
- Shooting
- Attacking
- Defending

The programme is presented in a way that children can comprehend skills in a fun and exciting way. They are given many chances to put these skills into practise with modified games designed especially to give children the hands on experience they need.



Fun Ferns - 45minutes

5 - 7 year olds.

3.30 - 4.15pm Monday and Wednesday

Runs from the 24th Feb - 31st March, 2010.

(Excluding Wednesday 24th March)

NB: this programme is 5 weeks

Future Ferns - 2 hours

8 - 10 year olds.

3.30 - 5.30pm Friday

Runs from the 26th Feb - 19th March, 2010

Future Ferns Extended - 2 hours

Intermediate Level / 11 - 13 year olds

3.30 - 5.30pm Thursday

Runs from 25th Feb - 18th March, 2010.



Indoor Venue

All sessions will be held indoors on a full sized netball court at the Hastings Sports Centre.

Cost

The cost for each 4 week academy programme is \$40 per child.

For any further enquiries contact Tessa on 8787988, or email at tessaaf@hdc.govt.nz.

Registration Form

(Post to the Hastings Sports Centre,
Private Bag 9002, Hastings)

Child's Name: _____ D.O.B: _____
Address: _____

Ethnicity: _____

Next of Kin Details

Name: _____ Relationship: _____
Parents Phone No. - _____
Cell: _____ Home: _____
Email: _____

Medical Information

Any Medical Conditions/Allergies/Previous Injuries we should know about?

Academy Session Attending - Please Tick:

- Fun Ferns - (5 - 7yr olds)**
- Future Ferns - (8 - 10yr olds)**
- Future Ferns Extended - (11 - 13yr olds)**

If you do not wish to have photo's of your child displayed or used for promotional purposes please tick:

HSC Netball Academy Parent Agreement

In giving consent for my child/ren to participate in the Netball Academy programme, I agree to the following conditions:

- I have read and understand the "Information for Parents".
- I understand that there are risks associated with my child/ren attending the programme. To help minimise these risks, the programme has safety procedures, as well as rules and boundaries for all children, that must be complied with.
- The supervisor has my permission, if necessary, to arrange urgent medical treatment at my cost and to move my child/ren in an emergency to a safer location.
- If you have any questions about the programme or wish to see the programme policies prior to signing, please ask Tessa (Recreation Programmer).

**Please note: There are no refunds, replacement child is welcome.
Payment must be made on first day of attendance**

Parent/Guardian Signature: _____ Date: _____