



# 'READY FOR NETBALL 2024'

A post-Christmas netball camp to prepare for the season ahead by sharpening up fitness levels and core skills.

**DATES & TIMES:**

**Tuesday 2<sup>nd</sup> / Wednesday 3<sup>rd</sup> / Thursday 4<sup>th</sup> / Friday 5<sup>th</sup>**

**JANUARY**

**Girls in Year 3, 4 & 5**

**8.45-10.45 @ Cheam School**

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**Girls in Year 6, 7 & 8**

**11.00-13.00 @ Cheam School**

**Cost £100**

**All abilities welcome / Limited places in each age group**

*We will endeavour to use the school's netball courts but should they be out of action we will utilise the sports hall in case of inclement weather.*

*Please contact Coco Bartlett-Smith for further details or information:*

*[bartlettc@cheamschool.co.uk](mailto:bartlettc@cheamschool.co.uk)*

- **The course will provide girls an opportunity to develop essential netball skills to inspire confidence in the Spring term.**
- **The course will include: Hand eye coordination & passing skills / Footwork fundamentals / Using space / Shooting techniques and much more.**
- **This course will encourage knowledge of the rules, laws, strategies and tactics of the game.**
- **Other Cheam Netball coaching staff will assist on the course.**

Please complete an ONLINE TRANSFER FOR THE AMOUNT OF **£100** to confirm your daughter/s attendance on the netball course.

Account Name: Cheam Holiday Courses

Sort Code: 20-59-14

Account Number: 00112771

(Barclays Bank)

Please reference the payment with surname & netball

e.g. – Bartlett Netball

**N.B. Once you have completed an online payment please could you email Mrs Bartlett-Smith to confirm**

**[bartlettc@cheamschool.co.uk](mailto:bartlettc@cheamschool.co.uk)**

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