



U15 Performance Academy 2016

Trust Waikato Hamilton City Netball Centre are dedicated to providing pathways to netball excellence

Registrations for the U15 Performance Academy Programme for 2016 are now open.

The 2016 Performance Academy has been developed to provide an opportunity for **U-15 players** who want to compete at a performance / representative level and further develop their netball during the off-season.

The Academy will cover the below aspects:

- Fitness sessions including how to train for the off-season, off-season training programme, fitness testing;
- Court specific skills covering the fundamentals of netball through to more advanced skills;
 - Defence, Attack and Shooting workshops;
 - Nutrition and Mental Skills Seminars

Trial / Selection Day Saturday 12 December 8.30am – 12pm

Session dates held Saturday mornings 8am – 10am

December: 12 (trial)

January: 16, 30

February: 13, 20, 27

March: 5, 12, 19, 24

Please note, all sessions are compulsory and being involved in the Academy requires a high level of commitment. The final session 24th March is a Thursday night 4.30-6.30pm.

Cost for the 2016 Performance Academy is **\$140 per player** which is payable once selections are confirmed. Split payments can be arranged to spread the cost if required. Selection into the Academy does not guarantee selection into a rep team.

Registrations must be received by Wednesday 9 December 2015

Visit our website to register:

<https://reg.sportingpulse.com/v6/regofrm.cgi?formID=43962>

For further information please contact Elsa academy@netballhamilton.org.nz or 07 847 4007