



# NETBALL DEVELOPMENT CAMP 2010



**11 - 14 April 2010**  
**Alexandra**

# NETBALL DEVELOPMENT CAMP 2010

Netball Otago is happy to offer another Netball Development Camp in 2010. The camps have been a very successful part of our Game Development in the region.

The camp is open to players, coaches and umpires aged 13-18 years.

The camp programme includes:

- Netball Skills
- Game plans / Tactics
- Sport Massage
- Nutrition
- Fitness
- Sport Psychology
- Lots of fun team building activities too

## **When is it?**

The camp commences Sunday 11 April 2010 at 1pm and concludes at 1pm on Wednesday 14 April 2010. Write it in your 2010 diary now.

## **Where is it?**

How does a netball holiday in Central Otago sound?

The live in camp will be held in Alexandra with accommodation and meals at the Dunstan High School Hostel and lodge and we will utilise the netball courts and the gym at Dunstan High School. Also to ensure that your body does survive the camp the Aquatic Centre is used to aid recovery.

## **What does it cost?**

The \$265 registration fee covers your accommodation and meals, camp T-shirt, a tote bag, a netball, all organised activities and expert netball coaching.

## **Who should attend?**

Any player, coach or umpire aged 13-18 years who loves netball and wants to improve their knowledge and skills of the game.

It is a great for teams to get the edge on their opposition – start the season in style and have fun along the way.

Or for those players who feel a bit rusty after the summer break and want to hit the courts running, rolling, propping, dodging, passing, defending....

## **How do you apply?**

Complete the registration form attached; and return it to Netball Otago by 26 March 2010. REGISTRATION WILL NOT BE ACCEPTED WITHOUT PAYMENT

If you require any further information please contact Trish Purdie-Smith at the Netball Otago office on (03) 455 1702 or [trishps@netballotago.co.nz](mailto:trishps@netballotago.co.nz)

# Netball Development Camp 2010 Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone No \_\_\_\_\_ Date of Birth \_\_\_\_\_

Mobile No \_\_\_\_\_

Email Address \_\_\_\_\_

YES / NO (DELETE One) I attended the 2009 Development Camp

School/ Centre Playing, Coaching or Umpiring for: \_\_\_\_\_

Preferred Playing Positions 1<sup>st</sup> choice \_\_\_\_\_ 2<sup>nd</sup> choice \_\_\_\_\_ 3<sup>rd</sup> choice \_\_\_\_\_

Brief Netball History \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Relevant Medical /Injury History \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

T-shirt size (circle one) 10 12 14 16 18

Signed by Player \_\_\_\_\_ Date \_\_\_\_\_

By signing this form I give Netball Otago consent to collect and retain the information on this form and to use and disclose it for the purpose of the administration of the camp. This consent is given under the Privacy Act 1993.

Parent or Guardian (state Name) \_\_\_\_\_

Emergency Contact Phone Number \_\_\_\_\_

I give my consent for ..... To attend the Netball Development Camp and will not hold Netball Otago responsible for any illness or injury providing all due care has been taken.

Signed by Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

**PAYMENT OPTIONS:**  **By Cheque:** please make payable to Netball Otago  
**OR**

**Online Banking:** Account No. 06 0901 0309646 00  
Particulars – Your Name; Reference – Dev. Camp

**Please send this registration form and fee to Netball Otago, PO Box 629, Dunedin**

**CLOSING DATE 26 March 2010**