



## **2012 BARDENRIDGEBACKS**

### **NURSERY NETBALL INFORMATION**

February 4      Registration Day (Mills Room 8.00am – 3.00pm) Adjacent to Lucas Heights School.  
February 8      Late Registration Day (Club Menai 7.00pm – 9.00pm)

#### **What is Nursery Netball?**

Nursery netball is a play based motor skills program for 5-7 year olds. Emphasis is on participation, developing skills and having fun. Children can join individually or with friends and will be encouraged to join in games and activities that will teach them without the pressure of a competitive environment.

#### **Nursery Netball Dates**

Nursery Netball will start Friday April 27, 2012 (beginning of term 2) and concluding Day 14 of SSNA draw, at The Ridge Netball Courts off New Illawarra Road, Barden Ridge from 4.15pm until 5.15pm each Friday (weather permitting). There will be no netball during July school holidays (6<sup>th</sup> & 13<sup>th</sup> July 2012).

#### **Nursery Netball Sessions**

Our Nursery Netball sessions are designed to teach the children basic motor skills such as balance and coordination, movement – jumping, hopping, leaping, catching and throwing. Our structured program will start with a warm-up, the children will then move into group activities and finish with a fun game to practice some of the skills they have learnt.

#### **Nursery Netball Coaching**

The club's coaching coordinator, Cathy Reynolds will provide coaches for Nursery Netball.

Barden Ridge Netball encourages our 13 and 14 year old players to participate in coaching our Nursery Netball teams. All junior coaches will participate in a Coaching Mentor program, which consists of our junior coaches attending training sessions with our senior coaches.

All Nursery Netball sessions will be supervised by our 2012 Nursery Coordinators.

Barden Ridge Netball Club will support any junior coach who wishes to attend additional SSNA coaching courses.

#### **Barden Ridgebacks Website [www.ridgenetball.com.au](http://www.ridgenetball.com.au)**

The website contains all the information you need to know about our Club, future events, carnival details, Registration forms and a feedback/enquiry feature. The Club also encourages all teams to forward a weekly match report for inclusion on our website.