



# **NSW NETBALL**

**CAMP, Five Dock**

January 15<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup>

Summer 2024

# NSW NETBALL CAMPS

## Over 40 years of Australian Sports Camps

ASC's Netball Camps are the most respected and longest running Netball camps in Australia. Our structured programs continue to evolve, to keep up with the latest sporting trends and to provide your child the perfect opportunity to practice and develop their skills. Our structured and progressive 3-day sports coaching programs utilise top facilities and are led by our experienced ASC Coaching Directors, with engaging and enthusiastic coaches.

## Camps for all Abilities

We welcome players aged 5-15 of all skill levels. Prior to camps starting, all participants are pre-assigned groups according to their age, ability and friendships. This maximises enjoyment right from the start and ensures that your child's specific skill requirements are appropriately coached throughout the camp.

## Be Inspired

At each camp (subject to availability) we invite an elite netball player or coach to inspire your kids, share important milestones from their sporting journey, answer questions and, if time permits, run light drills. This is a unique opportunity for your child to meet and spend up close and personal time with their sporting heroes.

## REVIEWS

### CINDY. C – WA PARENT

*Well run, punctual and enjoyable. Very inclusive. I had both my sons attend (the only 2 males in attendance) and they were never left out or made to feel any different to any of the female participants. All the coaches were friendly and welcoming with parents before and after each day.*

### JACQUI. H – NSW PARENT

*Great camp with a good atmosphere, empowering girls do really enjoy the sport. My daughter Darcey absolutely loved the whole experience and her opinion of the other kids were that they were all so lovely and friendly. I feel that comes from the pro running of the camp, creating a positive environment. Very impressed.*

### APRIL. M – NSW PARENT

*Loved it and had so much fun. She learnt a lot and loved the fitness tests. She will use this in her future games.*



# ABOUT THE CAMP

Five Dock Netball Camp,  
January 15<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup>

## Location

Five Dock Leisure Centre,  
CNR Queens Rd and William St,  
Five Dock, NSW.

## Time

The camp runs from 9:00am to 3:00pm each day however we do advise that you bring your child a little earlier to ensure we can check them in and be started ready to go at 9:00am.

## Sample Day at Five Dock

- 09:00 - Structured Warm-up
- 09:10 - Defensive Skills
- 10:00 - Drinks Break
- 10:10 - Midcourt Skills
- 11:00 - Specialist Coaching
- 11:50 - Lunch
- 12:30 - Fitness Testing
- 01:10 - Attacking Skills Session
- 02:00 - Drinks Break
- 02:10 - Video Analysis
- 02:50 - Structured Warm Down
- 03:00 - Sign Out



## Previous Talent

### Teigan O'Shannassy



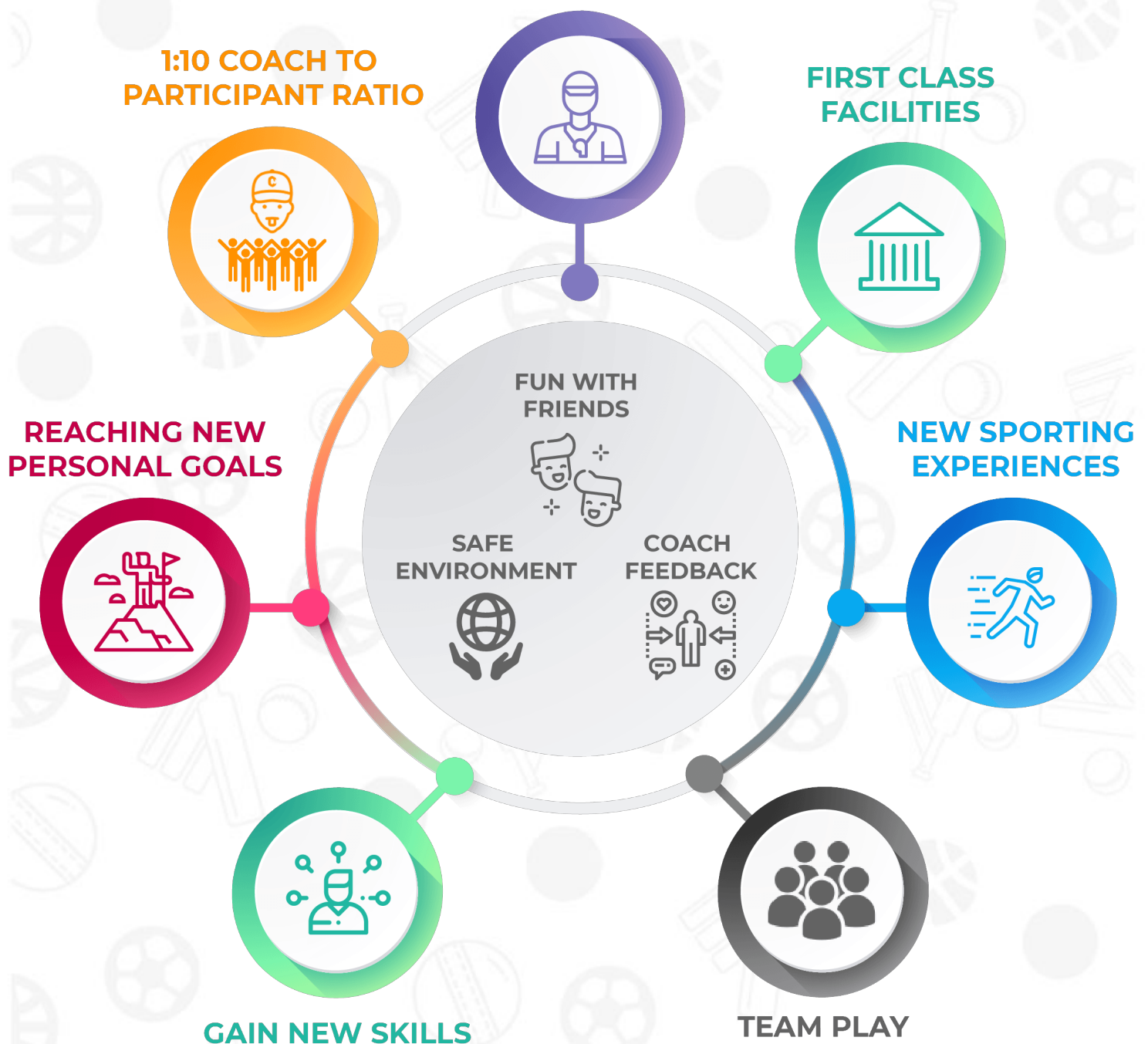
- Teigan O'Shannassy is an Australian netball player in the Suncorp Super Netball league, playing for Giants Netball.
- She claimed a silver medal with the Canberra Giants in the Australian Netball League in 2018.
- Plus represented Australia at the World Youth Cup in 2017.

# WHY ASC?

For Over 40 years, Australian Sports Camps have been recognised for the quality of our coaching staff and the delivery of our structured improvement-oriented programs that greatly enhance your child's sporting skills.

Our coaches are experienced, and often also qualified, many having played and/or coached at a senior level. Whether your child is trying the sport for the first time or is very experienced, our coaches will be able to deliver a program for their specific capabilities.

## EXPERIENCED COACHES



# INFORMATION & FAQS

## What to Expect

Our camps offer expert training, first class facilities and utilise quality equipment, providing a great opportunity for your child to personally develop and improve their sporting skills. Each camp offers a structured and tailored program which includes individual video analysis with coach feedback. With an average child to coach ratio of 10:1, we can guarantee that every child receives individual attention and care to enhance their experience and training at the camp.

At the end of each program, your child will receive an individually written coach report from their group coach, that highlights their progress over the 3 days. They will also receive a complimentary group photograph and a certificate of achievement.

## Safety

Our first priority is always the happiness, enjoyment and safety for all of our participants.

We have qualified first aid attendants on site at all times and apply a ZERO-tolerance policy towards bullying, disrespectful or unsafe behaviour. We value diversity and all staff, volunteers, students, children, parents and visitors must keep to our strict code of behaviour so that we continually strive to provide a safe and supportive environment for all.

We promote and adhere to the SunSmart recommendations of the Cancer Council of Victoria and therefore adopt many sun protection measures including sunscreen, hats and shade.

## FAQ's

### ARE ASC PROGRAMS RIGHT FOR MY CHILD?

*Yes! Programs are suitable for all ages and all skill levels as we pre-group kids according to their age, ability and whether or not they want to be with their friends/siblings.*

*Our coaching directors also keep a close eye on all sessions to ensure children are enjoying themselves and group coaches are delivering the program as required. We'll also move kids into new groups during the 3 days if we believe it will greater benefit their enjoyment and learning experience.*

### WHAT SHOULD MY CHILD PACK FOR CAMP?

*We do offer fruit and drinks, however, kids should bring their own lunch and snacks in a clearly named lunch box/bag.*

*Comfortable sports clothing should be worn to our camps. Children are welcome to train with their own sports equipment. However, ASC will have plenty of additional equipment available.*

### WHAT HAPPENS AFTER I BOOK ONLINE?

*Once your booking is processed, you will be emailed a confirmation link with full details on the camp. Confirmation information will be resent to all families one week prior to camps starting.*

*For other frequently asked questions, please visit our website.*

## Life's Better With Sport!

For more information on ASC's sports camp programs please visit our website [www.australiansportscamps.com.au](http://www.australiansportscamps.com.au) or call us on **1300 914 368**.



admin@australiansportscamps.com.au



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