

# Northern Suburbs Netball

## Year 1 & 2 Programme 2020



### Important Dates

- Registrations open 9<sup>th</sup> Sept and close 23<sup>rd</sup> Sept
- Star Helper clinic Sunday 11<sup>th</sup> Oct 10am -11:30am at Queen Margaret College Gym.
- Programme runs for 8 weeks starting Sunday 5 August to Sunday 23 September at Queen Margaret College Gym 53 Hobson Street, Thorndon.

### Programme Format

- Sessions run for 50mins made up of 30mins of skills followed by a 20min game.
- The focus of the programme is to teach children fundamental movement and basic netball skills through fun games and activities. The 4v4 game format allows all players to pass, catch and shoot from the first session.
- More information about the format can be found at <http://www.mynetball.co.nz/futureferns/home.html>
- Sessions are designed that if a child misses a session they will still be able to participate in following weeks.
- The adult responsible for a participant must stay for the duration of the session.
- A participant will be given a session time at the start of the programme which will then be their session time every week for the duration of the programme.
- Generally 2-3 children from the same age group and same school will participate in the same session time together. If a child needs a particular time or to be with a particular group of children please detail this in the note section on the registration form.
- Note we do not register participants into 'teams' and encourage the children to play with different children each week.
- All equipment is provided.

### Star Helpers

- Star Helpers are essential for us to deliver a quality programme.
- Becoming a Star Helper is a great way for parents and guardians to become involved in their children's sport and be introduced to fundamental skills used in netball (and other sports).
- For every 4 children that register from a school, we ask that there be at least 1 Star Helper volunteer.
- To be a Star Helper parents/guardians must attend the clinic on the 11<sup>th</sup> Oct 10am – 11:30am and may bring their children if they need to.
- Star Helpers attend the session that their child attends and there is no requirement for them to attend every session.
- Star Helpers do not need any netball qualifications, experience or knowledge.
- People that have done Star Helper training for Year 3 & 4 programme are eligible to become Year 1 & 2 Star Helpers and may attend the clinic if they wish.

### Registration process

- Follow the link on [www.nsetball.co.nz](http://www.nsetball.co.nz)
- The information collected for registration is first name, last name, home phone or mobile, email address, parent/guardian name, any medical issues, notes about the registration and whether the parent/guardian is interested in becoming a star helper.
- The cost of the programme is \$35 per participant, which will be invoiced to your school.
- Last day for cancellations for refunds is 19<sup>th</sup> Oct.
- Limited to first 120 registered participants.