



KIT LIST – advised but not limited to:

Netball kit

- Netball trainers
- Shorts and/or leggings
- T-shirts
- Socks
- Tracksuit
- Jumper
- Waterproof jacket

Additional clothing

- Swimming wear
- Underwear
- Casual wear
- Sliders/crocs/flip flops
- Pyjamas

Toiletries

- Shampoo & conditioner
- Soap
- Toothbrush & toothpaste
- Sun hat
- Sun cream
- Towel

Additional items

- Foam roller
- Pad & pen

NB – The athletes will be training across all 4 days, so we advise that they pack a sufficient amount of clothing to feel fresh each day. There are no laundry facilities available to use.

CAMP SCHEDULE - MONDAY

9-9:15am – Arrival

9:15-10:30am – Introduction & group organisation

This will involve room allocations, health & safety briefing, and additional important information.

10:45-11:45am

Group 1 – Attacking technical

Group 2 – Defence technical

Group 3 – Basic skills

11:50-12:50pm

Group 1 – Basic skills

Group 2 – Attacking technical

Group 3 – Defence technical

1:00-2:00pm – Lunch

2:00-3:15pm

Group 1 – Defence technical

Group 2 – Basic skills

Group 3 – Attacking technical

3:15-3:30pm – Break

3:30-4:45pm – Match play

4:45-5:00pm – Cool down

5:00-6:00pm – Free time

6:00pm – Evening meal

7:00-8:30pm – Evening activities

Group 1 – Quiz night

Group 2 – Quiz night

Group 3 – Quiz night

8:30-9:30pm – Showers & wind down

10:00pm – Lights out

CAMP SCHEDULE - TUESDAY

7:30am – Wake-up call

8:00am – Breakfast

9:00–10:15am

Group 1 – Sport psychology

Group 2 – Speed and agility/Fitness

Group 3 – Technical session with Nat Panagarry

10:20–11:30pm

Group 1 – Technical session with Nat Panagarry

Group 2 – Sport psychology/Fitness

Group 3 – Speed and agility

11:45–1:00pm

Group 1 – Speed and agility/Fitness

Group 2 – Technical session with Nat Panagarry

Group 3 – Sport psychology

1:00–2:00pm – Lunch

2:00–3:15pm

Group 1 – Basics, group drills & ball handling

Group 2 – Basics, group drills & ball handling

Group 3 – Basics, group drills & ball handling

3:15–3:30pm – Break

3:30–4:45pm – Match play

4:45–5:00pm – Cool down

5:00–6:00pm – Free time

6:00pm – Evening meal

7:00–8:30pm – Evening activities

Group 1 – Swimming

Group 2 – Muggles Activity Centre

Group 3 – Muggles Activity Centre

8:30–9:30pm – Showers & wind down

10:00pm – Lights out call

CAMP SCHEDULE - WEDNESDAY

7:30am – Wake-up call

8:00am – Breakfast

9:00–10:15am

Group 1 – Technical session

Group 2 – Yoga/stretching

Group 3 – Technical session with Jodie Gibson

10:20–11:30am

Group 1 – Technical session with Jodie Gibson

Group 2 –

Group 3 – Yoga/stretching

11:45–1:00pm

Group 1 – Yoga/stretching

Group 2 – Technical session with Jodie Gibson

Group 3 – Technical session

1:00–1:45pm – Lunch

2:00–3:15pm

Group 1 – Basics, group drills & ball handling

Group 2 – Basics, group drills & ball handling

Group 3 – Basics, group drills & ball handling

3:30–4:30pm – Match play

4:30–5:00pm – Cool down

5:00–6:00pm – Free time

6:00pm – Evening meal

7:00–8:30pm – Evening activities

Group 1 – Rounders

Group 2 – Swimming

Group 3 – Swimming

8:30–9:30pm – Showers & wind down

10:00pm – Lights out

CAMP SCHEDULE - THURSDAY

7:30am – Wake-up call

8:00am – Breakfast & packing up of belongings

9:30–10:30am

Group 1 – Performance Analysis

Group 2 – Invasion games

Group 3 – Technical session with Nat Panagarry

10:45–11:45am

Group 1 – Technical session with Nat Panagarry

Group 2 – Performance Analysis

Group 3 – Invasion games

12–1pm

Group 1 – Invasion games

Group 2 – Technical session with Nat Panagarry

Group 3 – Performance Analysis

1:00–1:45pm – Lunch

2:00–2:30pm – Q&A with Nat P

2:30–3:00pm – Tournament organisation & warm up

3:00pm – Parents can arrive to watch

3:00–4:00pm – Tournament match play

4:00–4:30pm – Cool down & debrief & collection of belongings from rooms

4:30pm – Everyone departs – HOME TIME!

THANK YOU

Stay social – follow and tag us:

@elitenetballacademy