SCHOOLS HEALTH & FITNESS SOLUTION

We provide FREE and custom built virtual programs for Primary & Secondary students, delivered by elite athlete's direct to their homes.

NET FIT NETBALL

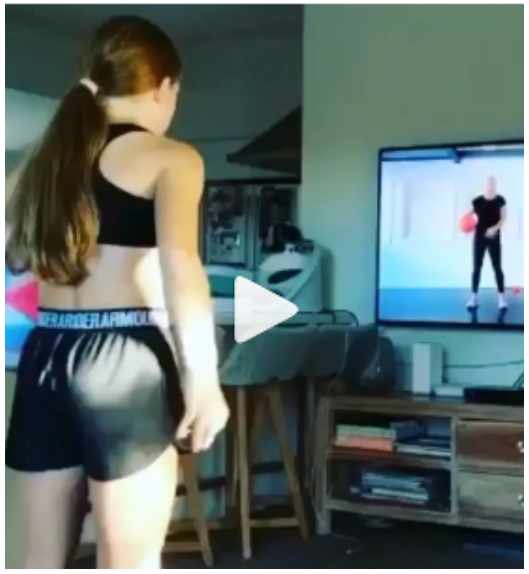
Our mission is to provide exciting, innovative and engaging programs for your students either in person or virtually, where everyone feels connected.

"The online academy that we are running through NETFIT is a breath of fresh air. Safe, moderated and high-quality programs delivered by a professional team, with such a strong focus on our girls well-being. It's been a fantastic fit for our school."

- **Keira, Strathcona Girls Grammar. VIC**

INTRODUCE A CUSTOM-DESIGNED NETBALL PROGRAM FOR YOUR STUDENTS

Fitness
Have your own high-performance coach take your classes.



Coaching
Coaching from some of the worlds best coaches.

Nutrition
At home step-by-step nutritional advice and recipes.

Wellbeing
Mindfulness, resilience & leadership activities

STEP BY STEP, THIS IS HOW IT WORKS;

BEFORE
Before we commence the program we set up a meeting with the lead NETFIT Coach and school teachers/netball coaches and provide them with our session plans, NETFIT Netball App log in and knowledge of the program to support their students.

STUDENT SUPPORT & MONITORING
Students will receive their own personal student e-journal containing ISO NETFIT Netball Academy information plus an accountability chart to track their progress.

All students will complete The NETFIT UNITE SURVEY, which is a scientifically validated student wellbeing survey completed by all students who join the program. This data is for school use only and helps support the content of our personalised NETFIT Program.

KEEP CONNECTED
Students receive weekly newsletters with challenges and interesting and supportive approaches to maintaining motivation throughout the program.

OUR OFFERING

WHAT
Our virtually delivered, curriculum approved, ISO NETFIT Netball package aims to increase the health, fitness and well-being of all students and netballers.

45min real time weekly program including:

- Fitness: HIIT Classes, Yoga & Pilates built to your teams needs, all complete with the appropriate warm-up and cool-down exercise routines.
- Netball Skills, Challenges & Elite Coaching
- 15min Weekly mindset, wellbeing & leadership focus.

STUDENT MONITORING & SUPPORT
Accountability & weekly leader board
Weekly home challenges
E Journal
Online NETFIT support

WHO
Created and facilitated by elite level athletes, coaches & professionals.

WHEN
Delivered live anytime, anywhere throughout the world, to your screens.

THE PROGRAM

W	**Workout and solo skill** 35mins	**Wellbeing** 10min	**Weekly Challenge*** (At home)
1	HIIT Attack	Identify strengths	1km time Trial
2	Midcourt	Goal Setting	Video Analysis
3	Shooter & Speed	Developing mindfulness	Cooking
4	Pressure wins games	Developing a growth mindset	Journal
5	Championship Quarter	Creativity and problem-solving	Time laps a session
6	All positions	Kindness	Affirmation cards
7	Tester	Resilience and grit	1km retest
8	Final count down	Staying healthy hacks	Celebrate the wins

OUR TEAM

All with current Working With Children Checks

Sarah Wall

NETFIT CEO
3 x Premiership winner and Qualified Teacher

Lisa Alexander

Most-capped Australian Diamonds Coach of all time.

Kim Green

2 x World Champion & Premiership winning Captain

Laura Langman

Word Cup winning Captain and Ferns games record holder.

Taylah Davies

Professional netballer, AFLW player and personal trainer.

Bronnee Loy

State netballer, NETFIT master trainer and personal trainer.

INVESTMENT

NETFIT App: Free

In-School Programs: Available on request

- 8 week ISO Academy: $2,400 + GST
- 6 week ISO Academy: $2,100 + GST
- 4 week ISO Academy: $1,600 + GST
- 1 -Off 45-minute NETFIT HIIT: $250 + GST

CONTACT US

CALL: +61 408 123 428
EMAIL: info@netfitnetball.com.au