



ERIN BURGER **B.**
Some play the game, some change the game

BRAVEN
PERFORMANCE

NETBALL SKILLS & CONDITIONING SESSION

WEEKEND ON THE FARM INCLUDES:

A 150-page manual that includes the following topics:

- Conditioning, Strength, Movement, Catching, Passing, Shooting, Attacking, Defence, Recovery, Nutrition, Attacking- & Defence- & Skills Checklist.
- Session/Training plan
- Meals & Accommodation

NIEL DU PLESSIS

20 Years' experience in team sports at the highest level. Conditioning Coach and Consultant for the Springboks, Blue Bulls, and Cheetah rugby. Conditioning current and previous Protea Netball players. His experience extends further to individual sports, Medalists in 100m & 400m (Common Wealth Games) also other individual sports like Kayaking African champs, Olympic Youth Swimmers, and Pro Triathletes to name a few.

ERIN BURGER

Erin Burger with 13 years experience in netball, playing under 7 different coaches internationally at the highest level. This includes experience from what the Proteas changed from losing with 30 goals to playing semi-finals and losing against Australia with 2 goals. (World number 1)

**R3550
PER
PERSON**

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24-26 NOV 2023
FRIDAY - SUNDAY
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Mail us at
erinburger00@gmail.com

www.erinburgernetball.com