

PERFORMANCE DOMINANCE

NETBALL & CONDITIONING



Minimum of 40 players
R3800 per person

- 5 months of Netball Coaching & Conditioning Programs
- 28 hours coaching by Erin Burger
- 28 hours Strength and Conditioning by Niel du Plessis
- Sets of SSL Ball work and Footwork Equipment (amount depending on group size)
- 3 X Mid-week training at your school our travel and accommodation IS NOT included (Midweek is 2 consecutive days at your school 3 hours each afternoon)
- 1 X Training camp at the Farm - Ghoenaskraal (20km north of Nylstroom)
- ALL meals and accommodation included. Your travel/transport NOT INCLUDED