



# **Cambridge East School**

## **futureFERNs Year 3 & 4**

Thanks for registering to play Year 3 & 4 futureFERNs in 2019 .

We will be registering five x Year 3/4 teams this year: Year 3 Gems, Year 3 Topaz, Year 3/4 Stars, Year 4 Jewels and Year 4 Rubies

**Further information about the Year 3 & 4 *futureFERNs* programme can be found over the page.**

Your coaches &/or managers will run the team every session throughout the duration of the programme.

We will be supplying all players with a Cambridge East School netball uniform and sponsored team jacket before the end of this term and players will be notified when to meet via the student noticeboard.

**Dates: Saturday 4th May to Saturday 24th August**

**Time: from 8.30am onwards (to be confirmed)**

**Where: Cambridge Netball Centre**

**Cost: \$40 per player—please pay by Friday 12th April at the school office by Cash, Cheque or Eftpos or online to ASB A/C 12-3268-0086793-00, using Surname & Netball as reference details**

# Year 3 & 4 futureFERNs Information Sheet

Teams consist of 6 or 7 players, preferably separate Year 3 teams and Year 4 teams.

Each team will be required to have two coaches or one coach & one manager to run the team every session throughout the duration of the programme.

Coaches will follow the week by week programme steps to develop player skills, with the emphasis being on participation and having fun.

Coaches &/or Managers will also need to have a First Aid Kit and a list of any medical conditions and emergency contact details for all members of their team.

## **Each Year 3 & 4 session will run as follows:**

- ♦ NetballSmart Dynamic Warm-Up
- ♦ Activity One (4-5 minutes)
- ♦ Activity Two (5-7 minutes)
- ♦ Game Time ( 4 x 8-minute quarters of 5 v 5 across two thirds of the court)
- ♦ Cool-down (3-4 minutes)