



Netball is the most popular women's sport in Australia with an estimated 1 million players nationwide. Join a fantastic club where your daughter will be supported as she learns the game, develops new skills, and makes new friends.

GRADE 3 AND 4 PLAYERS NEEDED!

Interested? please contact us today at stjnetball@gmail.com or Maryanne 0419 493 519

Season commences Saturday 6 Feb 2021.

Training: after school at St Johns Primary School (from march, tbc before that), day tbc

Games: 9am at Nets Stadium Banyule MacLeod 2 Somers Ave, Macleod 3085

WHY NETBALL?

- **Social benefits** - an ideal opportunity for children to meet new friends and learn how to work with other people.
- **Physical benefits** - netball requires players to run around the court, sprint and change direction quickly, meaning children can benefit from a good cardiovascular workout, which will improve their overall fitness and increase their flexibility and strength.
- **Financial benefits** – netball is not an expensive game to play.
- **Running benefits** - playing netball requires players to run around the court, sprint short distances and change direction accurately and quickly, therefore over time, a child's fitness levels will gradually increase.
- **Coordination benefits** - Each throw requires and develops good hand-eye coordination in order for the player to throw and catch the ball accurately.
- **Team benefits** - netball is very much a team game and does not allow any individual player to operate independently, meaning **children will develop excellent team building and communication skills** which may help them to grow in confidence within other social situations. Most of the player positions are restricted to one half of the netball court, therefore the netball team must work very close together to successfully attack, defend and score goals!

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