VIC NETBALL

Spring 2025

ABOUT THE CAMP

Balwyn North Netball Camp, September 24th & 25th

Location

Boroondara Sports Complex,
271C Belmore Road,
Balwyn North, VIC.

Time

The camp runs from 9:00am to 3:00pm each day however we do advise that you bring your child a little earlier to ensure we can check them in and be started ready to go at 9:00am.

Sample Day at Balwyn North

- 09:00 - Structured Warm-up
- 09:10 - Defensive Skills
- 10:00 - Drinks Break
- 10:10 - Midcourt Skills
- 11:00 - Specialist Coaching Session
- 11:50 - Lunch
- 12:30 - Fitness Testing
- 01:10 - Attacking Skills Session
- 02:00 - Drinks Break
- 02:10 - Video Analysis
- 02:50 - Structured Warm Down
- 03:00 - Sign Out

Previous Talent

Kate Maloney

- 3 Test Caps for the Australian Diamonds.
- Currently captains and plays for the Melbourne Vixens (Suncorp Super Netball).
- Melbourne Vixens Coaches Award (2014 & 2015).
- Melbourne Vixens Runner Up MVP (2018).

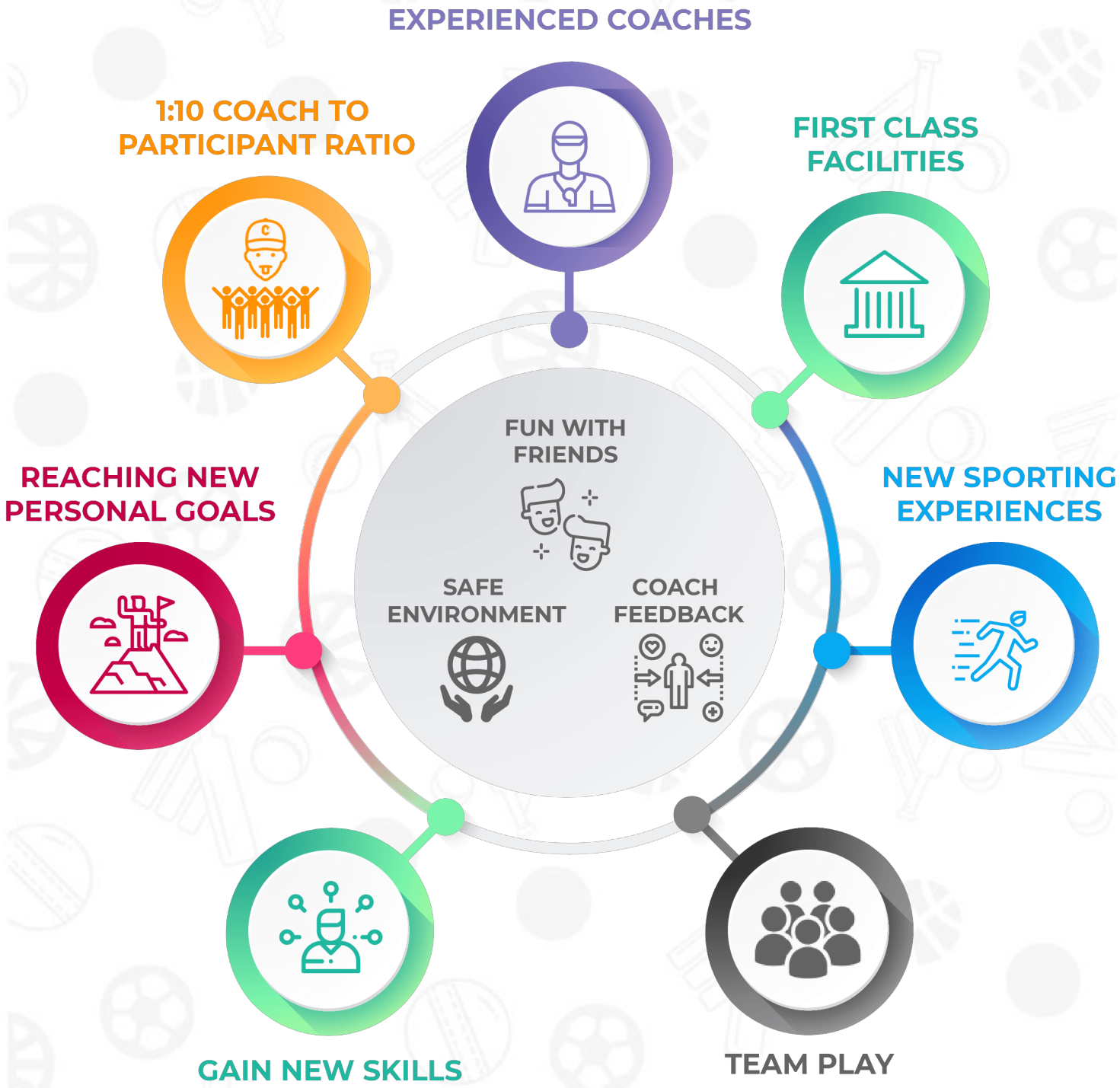
Kiera Austin

- Keira Austin is a professional Australian Netball Player in the Suncorp Super Netball League.
- Austin debuted in the Super Netball League for the Giants in 2018.
- Then the Melbourne Vixens from the 2022 Seasons onwards.

WHY ASC?

For Over 40 years, Australian Sports Camps have been recognised for the quality of our coaching staff and the delivery of our structured improvement-oriented programs that greatly enhance your child's sporting skills.

Our coaches are experienced, and often also qualified, many having played and/or coached at a senior level. Whether your child is trying the sport for the first time or is very experienced, our coaches will be able to deliver a program for their specific capabilities.



INFORMATION & FAQS

What to Expect

Our camps offer expert training, first class facilities and utilise quality equipment, providing a great opportunity for your child to personally develop and improve their sporting skills. Each camp offers a structured and tailored program which includes individual video analysis with coach feedback. With an average child to coach ratio of 10:1, we can guarantee that every child receives individual attention and care to enhance their experience and training at the camp.

At the end of each program, your child will receive an individually written coach report from their group coach, that highlights their progress over the 3 days. They will also recieve a complimentary group photograph and a certificate of achievement.

Safety

Our first priority is always the happiness, enjoyment and safety for all of our participants.

We have qualified first aid attendants on site at all times and apply a ZERO-tolerance policy towards bullying, disrespectful or unsafe behaviour. We value diversity and all staff, volunteers, students, children, parents and visitors must keep to our strict code of behaviour so that we continually strive to provide a safe and supportive environment for all.

We promote and adhere to the SunSmart recommendations of the Cancer Council of Victoria and therefore adopt many sun protection measures including sunscreen, hats and shade.

FAQ s

ARE ASC PROGRAMS RIGHT FOR CHILD?

Yes! Programs are suitable for all skill levels as we pre-group kids their age, ability and whether or n to be with their friends/siblings.

Our coaching directors also keep a all sessions to ensure children themsevles and group coaches ar the program as required. We ll al into new groups during the 3 days it will greater benefit their e learning experience.

WHAT SHOULD MY CHILD PACK F CAMP?

We do offer fruit and drinks, should bring their own lunch and clearly named lunch box/bag.

Comfortable sports clothing should our camps. Children are welcome t their own sports equipment. Howev have plenty of additional equipment

WHAT HAPPENS AFTER I BOOK O

Once your booking is processed, emailed a confirmation link with fu the camp. Confirmation informat resent to all families one week pr starting.

For other frequently asked ques visit our website.

Life s Better With Sport!

For more information on ASC's sports camp programs please visit our website www.australiansportscampsor com.au call us on 1300 914 368.

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