





PROGRAMME of WORKSHOPS

	Coaches	Umpires	Reference No.
Registrations at 8.30 am each day			
<b>Monday December 7</b>			
9.00am – 10.30am	<b><i>It's a Balancing Act</i></b> Balance & Proprioception <i>Simon Raftery- Physiotherapist</i>		WORKSHOP 1
<b>Morning Tea</b>			
11.00am – 12.30pm	<b><i>The Balance of Power</i></b> Landing, body balance, pivoting – etc Using external aids to assist e.g. push pads, poles etc <i>Jill McIntosh</i>	<b><i>The Balance of Power</i></b> Landing & Footwork Practical & Video <i>Jacqui Jashari</i>	WORKSHOP 2
<b>Tuesday December 8</b>			
9.00am - 10.30am	<b><i>Weighing up the Options</i></b> The right balance can enhance performance <i>Nutritionist</i>		WORKSHOP 3
<b>Morning Tea</b>			
11.00am – 12.30pm	<b><i>Strike a Proper Balance</i></b> Coach, Assistant Coach, Manager <i>Jill McIntosh</i>	<b><i>Strike a Proper Balance</i></b> Balancing – Life, work, Netball Preparation & Pathways <i>Jacqui Jashari</i>	WORKSHOP 4



Wednesday December 9			
9.00am - 10.30am	<p><b>Keeping it Balanced</b></p> <p>Court Balance – creating options.</p> <p><i>Jill McIntosh</i></p>	<p><b>Finding a Happy Medium</b></p> <p>Decision Making &amp; Protocols</p> <p><i>Jacqui Jashari</i></p>	WORKSHOP 5
Morning Tea			
11.00am - 12.30pm	<p><b>Finding a Happy Medium</b></p> <p>Practical/mental/Using the video. Balancing the load. When to programme a heavy practical session v a light practical and heavy mental session.</p> <p><i>Jill McIntosh</i></p>	<p><b>Keeping it Balanced</b></p> <p>Video &amp; Self Analysis – a tool for development</p> <p><i>Jacqui Jashari</i></p>	WORKSHOP 6
Thursday December 10			
9.00am – 12.00pm	<p><b>A Level Playing Field</b></p> <p>Coach/Umpire/Player Balance. Using an umpire at training (<b>Practical</b>)</p> <p><i>Jill McIntosh &amp; Jacqui Jashari</i></p>		WORKSHOP 7



**REGISTRATION FORM**

<b>NAME:</b>		<b>NRIC</b>														
<b>ADDRESS:</b>																
<b>EMAIL ADDRESS:</b>	<b>Mobile number:</b>															
<b>Please register me for the following workshops: (Tick the workshops you wish to attend)</b>																
<table border="1" style="width:100%; border-collapse: collapse;"> <tr><td style="width: 20px; height: 20px;"></td><td>Workshop 1</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td>Workshop 2</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td>Workshop 3</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td>Workshop 4</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td>Workshop 5</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td>Workshop 6</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td>Workshop 7</td></tr> </table>		Workshop 1		Workshop 2		Workshop 3		Workshop 4		Workshop 5		Workshop 6		Workshop 7	<p style="text-align: center;"><b>Please select which strand you are attending: (Circle one)</b></p> <p style="text-align: center;"><b>UMPIRES      COACHES</b></p>	
	Workshop 1															
	Workshop 2															
	Workshop 3															
	Workshop 4															
	Workshop 5															
	Workshop 6															
	Workshop 7															
<p><b>Payment: (circle one)</b></p> <p><b>Cheque      Cash      Bank Transfer</b></p> <p><b>Amount:</b></p>	<p><b>Cheques must be made out to Netball Singapore</b></p> <p><b>For Bank Transfer:</b></p> <p>Name of Bank : DBS Bank Ltd  Bank Address : Parkway Parade Branch  80 Marine Parade Road,  #01-12, Parkway Parade,  Singapore 449269  Swift Code : DBSSGSG  Bank Code : 004  Branch Code : 7171  <b>Account No. : 004-021181-2</b>  Account Type : Current Account  Beneficiary Acct Name : Netball Singapore  Beneficiary Address : 6 Stadium Boulevard,  Singapore 397797</p>															

1. Please send all documents to 6 Stadium Boulevard, Singapore 397797 or email [dianne.mctigue@netball.org.sg](mailto:dianne.mctigue@netball.org.sg)
2. Netball Singapore will confirm your registration by email.
3. **Registrations without payment will be deemed as not complete and will not be accepted. Numbers are limited.**
4. Cheque payments should be crossed and made payable to "Netball Singapore". Please do not send cash by post.
5. Cash payment can be done through Netball Singapore office from Monday-Friday, 9am-6pm.
6. An official receipt for the payment will be issued by Netball Singapore.
7. Netball Singapore reserves the right to postpone or cancel the workshops, replace the presenter, limit or refuse enrolment, reject any participant who fails to conduct himself or herself in a proper manner.
8. Netball Singapore will refund the participant if he/she decides to withdraw from the course after registration. The refund policy is as follows:
  - Withdrawal made 2 weeks or earlier prior to course commencement: 100% of course fees.
  - Withdrawal made within 10 days prior to course commencement: 50%.
  - No refund will be allowed once course has commenced.
9. Netball Singapore and its presenters will not be responsible or in any way liable for personal injury or accidents or loss of property whatsoever arising, during and after the course.
10. Enquiries to: [dianne.mctigue@netball.org.sg](mailto:dianne.mctigue@netball.org.sg)