








NETFIT X IPSHA

SCHOOL V SCHOOL Back to sport online program



Back To Sport Tournament
Leaderboard

	School	% Points
1	 Trinity	5500%
2	 Tara	4750%
3	 Danebank	3000%
4	 MLC	444.44%

netfitnetball.com

Your Coach

Tay Davies



Congrats to Trinity for leading the charge after our first week!

I can't wait to see you all on Saturday and don't forget to rally your friends from your school to get them on board. The more people you have from your school, the better chance of getting your points up!

This week, wear or show on screen your favourite colour to embrace the theme and get your extra points!

Make sure you have a ball and chair for this weeks workout.

See you on Saturday!

THE LINK

WEEK 2

Zoom Link
10am
Saturday 30th

Click ►

Meeting ID: 842 1918 8614

Passcode: 205861

WHAT YOU NEED:

Drink bottle, sweat towel, ball and chair!

What to wear?

THEME

**Show or wear
your favourite
colour!**

Inspire Time



Easy pancakes!

You're back in the kitchen with Tay this week.

Learn how to make easy pancakes as a scrumptious post-training snack. Feel free to grab the ingredients and cook along.

1 egg, 1 cup of Milk, 1 cup of self-raising flour, 2 Tbs of Maple Syrup & a shaker bottle.

How to WIN 50 points

10 POINTS

**Enable video
and smile for
the camera**

10 POINTS

**Complete the
poll at the 1/2
time drink
break**

10 POINTS

**Complete the
workout, start
to finish**

10 POINTS

**Set your name
as your School
name & your
name**

10 POINTS

**Wear or show
on screen your
favourite
colour!**

Tay's quote of the week

**"WORK ON YOUR GOAL A
LITTLE BIT EACH DAY, NO
MATTER HOW BIG OR
SMALL."**

Follow us



@NETFITNETBALL

**We've got your
nutrition, health &
fitness inspiration
sorted.**

