








## NETFIT X IPSHA

### SCHOOL V SCHOOL Back to sport online program



Back To Sport Tournament  
Leaderboard

	School	% Points
1	 TARA Anglican School for Girls	8500%
2	 Trinity	5750%
3	 Danebank An Anglican School for Girls	3889%
4	 MLC	666.6%

[netfitnetball.com](http://netfitnetball.com)

### Your Coach

**Tay Davies**



We have a very exciting session on **Saturday** and I can't wait to see you all!

Make sure you embrace this weeks theme by dressing up or showing on-screen where you want to travel! Remember to rally all your friends from your school to get as many points as possible and help get your school to the top of the leaderboard!

We have a very special guest - **Olympian**, Sarah Carli will be joining us for Inspire time to share her incredible story.

**Bring on the FUN!**

### THE LINK

**WEEK 3**

**Zoom Link  
10am  
Saturday 6th**

Click ►

**WHAT YOU NEED:**

Drink bottle, sweat towel & a ball

**What to wear?**

**THEME**

**Travel!  
Dress up or  
show where  
you want to  
holiday**

**Inspire Time**



400m Hurdles Olympian **Sarah Carli** shares a story to inspire us all.

March, she had a horrific injury  
April, jogged for the first time  
June, went over her first hurdle  
July, was on the plane to Tokyo  
August, became an Olympian!

**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  
where you  
want to travel!**

### **Tay's quote of the week**

**"WE CANNOT  
BECOME WHAT WE  
WANT BY  
REMAINING WHERE  
WE ARE."**

### **Follow us**



**@NETFITNETBALL**

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

