

#### **NETFIT X IPSHA**

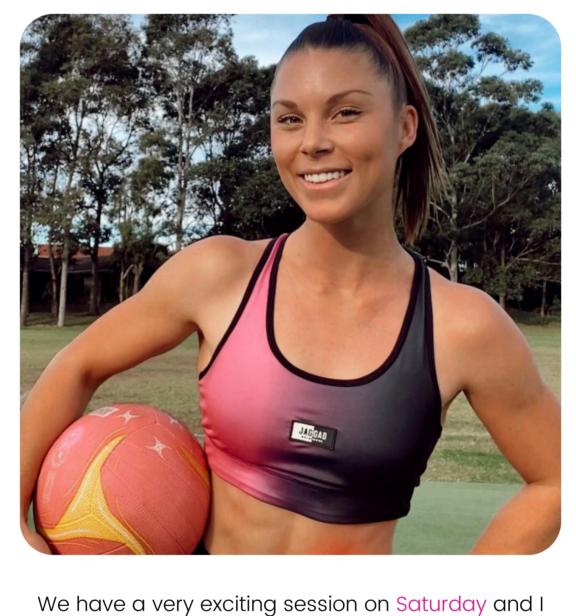
# SCHOOL V SCHOOL Back to sport online program



netfitnetball.com

### Your Coach

# Tay Davies



Make sure you embrace this weeks theme by

dressing up or showing on-screen where you want to

can't wait to see you all!

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 ▶

Meeting ID: 828 2466 7008 Passcode: 766841

#### WHAT YOU NEED:

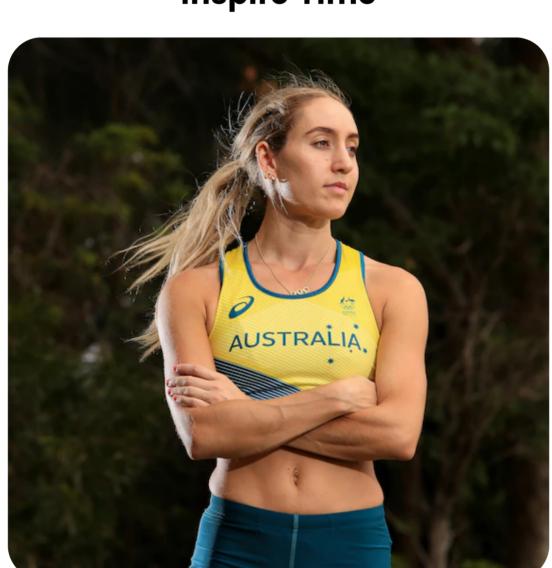
Drink bottle, sweat towel & a ball

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** 

# **Enable video**

10 POINTS

and smile for the camera

# Complete the

10 POINTS

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

BECOME WHAT WE **WANT BY** REMAINING WHERE WE ARE."

**"WE CANNOT** 

# Follow us



We've got your

**@NETFITNETBALL** 

nutrition, health & fitness inspiration sorted.













