







NETFIT X IPSHA

SCHOOL V SCHOOL Back to sport online program



Back To Sport Tournament Leaderboard

	School	% Points
1	 TARA <small>Anglican School for Girls</small>	9000%
2	 Trinity	6200%
3	 Danebank <small>An Anglican School for Girls</small>	4400%
4	 MLC	1030.6%

netfitnetball.com

Your Coach

Tay Davies



I hope you have all enjoyed the last few weeks of our program and enjoyed hearing from Olympian Sarah Carli last week, how inspiring was her story!

Our theme this week is all about **FOOD!**
To earn extra points make sure you bring or show on screen your favourite food.

Inspire time this week will be a full-body stretch and mindfulness session so grab yourself a towel and get ready to reward yourself with our workout.

Bring on **SATURDAY!**

THE LINK

WEEK 4

**Zoom Link
10am
Saturday 13th**

Click ►

WHAT YOU NEED:

Drink bottle, sweat towel and a ball

What to wear?

THEME

**Food diaries!
Show or share
your favourite
food!**

Inspire Time



Stretch & mindfulness

Grab a towel and get ready to wind down after our workout. Tay will take you through a full-body stretch and fun animal-inspired yoga class to wrap up inspire time.

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

**Show on
screen or share
your favourite
food!**

Tay's quote of the week

**"FOCUS ON THE
STEP IN FRONT OF
YOU, NOT THE
WHOLE
STAIRCASE."**

Follow us



@NETFITNETBALL

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

