







NETFIT X IPSHA

SCHOOL V SCHOOL Back to sport online program



Back To Sport Tournament
Leaderboard

	School	% Points
1	 TARA Anglican School for Girls	9750%
2	 Trinity	6200%
3	 Danebank An Anglican School for Girls	5566.67%
4	 MLC	2000%

netfitnetball.com

Your Coach

Tay Davies



Are you ready for the **final session**?!

Rally your friends from your school and bring your A-game because it's our final session!

On **Saturday** I have a fun grand final themed workout so get ready to finish with a lot of fun and give it our best!

Make sure you wear your favourite **party shirt** to gain extra points and embrace this weeks theme!

THE LINK

WEEK 5

**Zoom Link
10am
Saturday 20th**

Click ►

Meeting ID: 868 6935 5177

Passcode: 222943

WHAT YOU NEED:

Drink bottle, sweat towel and a ball

What to wear?

THEME

**Party time!
Dress up for
the occasion**

Inspire Time



Yoga & Recovery

Our final inspire time will be a 10min yoga session as Tay talks about how she likes to wind down and recover her body and mind.

Set up a nice quiet space, grab a towel and get ready to feel amazing at the end.

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 your
favourite party
shirt!**

Tay's quote of the week

**"DO SOMETHING
TODAY THAT
YOUR FUTURE SELF
WILL THANK YOU
FOR."**

Follow us



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

