



# Netball Central

Poitarawhiti Ngakau

is pleased to invite coaches to an exciting  
development opportunity presented by guest coach

# Irene van Dyk

Former Silver Fern and current  
Te Wānanga o Raukawa Pulse Specialist Coach

Wednesday  
5<sup>th</sup> June 2019

5pm – 6:30pm  
\$20 each

Netball  
Manawatu  
Vautier Park  
Puriri Terrace  
Palmerston North



For enquiries  
please contact:

Netball  
Manawatu  
[admin@netballmanawatu.org.nz](mailto:admin@netballmanawatu.org.nz)

(06) 350 2963

# SINKING IT SWEET!

Irene's practical session will explore activities to help shooters increase volume and improve accuracy. Coaches will learn strategies to help shooters maintain consistency and success during critical moments and while under fatigue. Irene's international playing career spanned more than 20 years, regularly delivering the highest shooting accuracy in the game. A master in the art of shooting Irene has been sharing her knowledge and passion for the game in her role as Junior Development Officer for Netball Central Zone. This workshop is suitable for coaches at the Community and Performance Level: Year 7 and above.

**SPACES ARE LIMITED SO REGISTER NOW:**

[www.sporty.co.nz/viewform/92816](http://www.sporty.co.nz/viewform/92816)