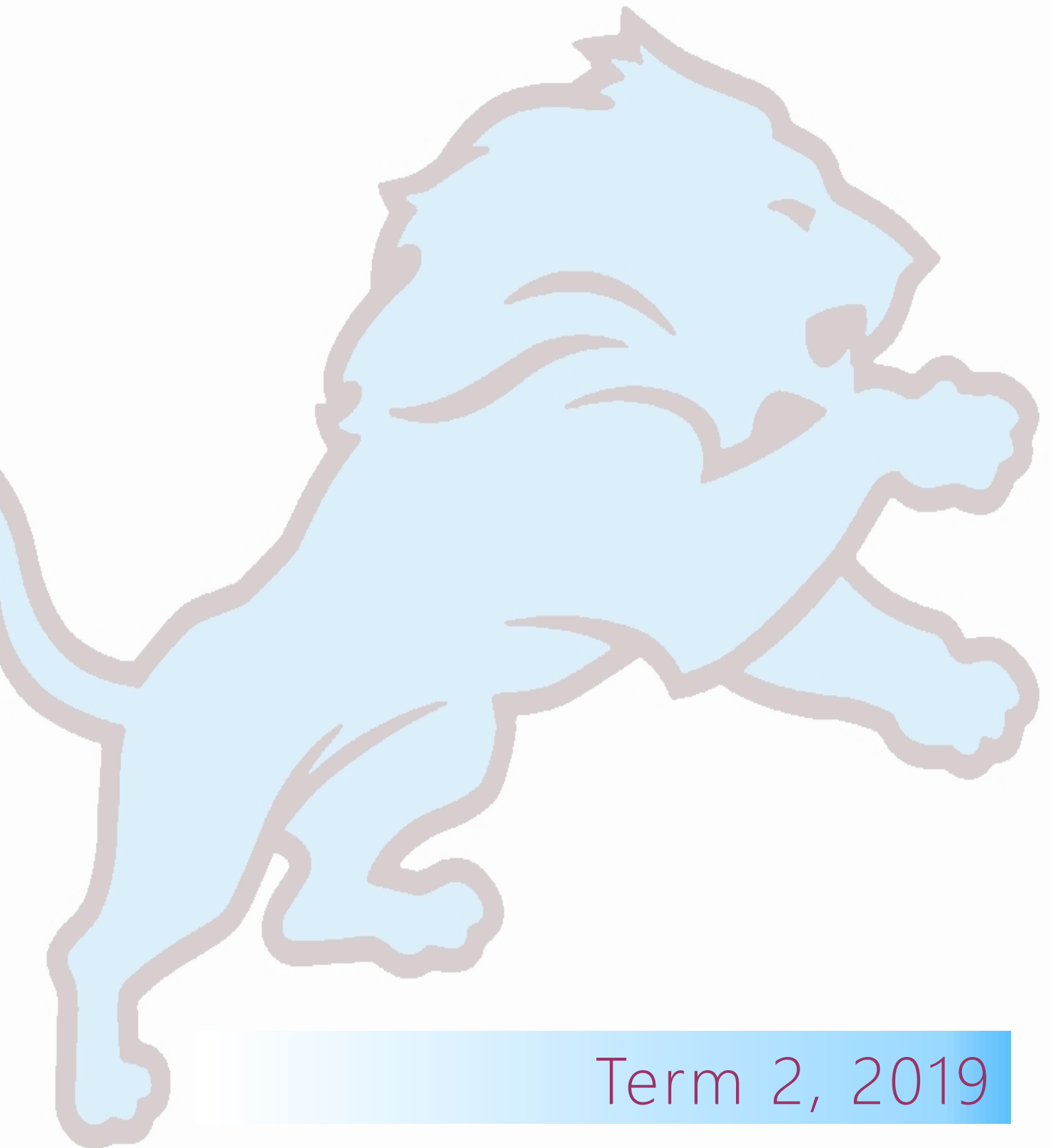




Sporting Excellence at Lyneham



Term 2, 2019

Term 2 Wrap Up



Term 2 has seen all SEAL student-athletes fall back into the routine of SEAL training sessions, ensuring they're in the correct uniforms and challenging themselves at their sessions. The SEAL Team conducted many drop-ins over the term, and were extremely impressed with the training ethic demonstrated by our SEAL athletes while at their SEAL Session. SEAL is all about developing the individual athlete's skill base, however, the squad environment gives many athletes the opportunity challenge their leadership and development skills in a different environment.

The SEAL program has been very busy with the application and trial process for the Year 7 2020 intake, as well as the Semester 2 intake for current students. Applications will open in Term 3 for any current students who wish to apply for the SEAL program. We will also seek information regarding current SEAL students continuation into 2020 at this time.

The Education and Wellbeing program continued with a Sports Nutrition Seminar for all SEAL student-athletes, and a Strengthening workshop where SEAL students were able to sign up to a session run by a physiotherapist.

Many student-athletes are midway through their competition seasons, and are trialling for School Sport ACT or the ACT Team for their sports. To all athletes who are trialling, or who have been successful, we wish you all the best.

Thank you to all parents for their flexibility over Term 2. A draft Term 3 calendar is included in this newsletter for your forward planning.



Tiahna Junakovic



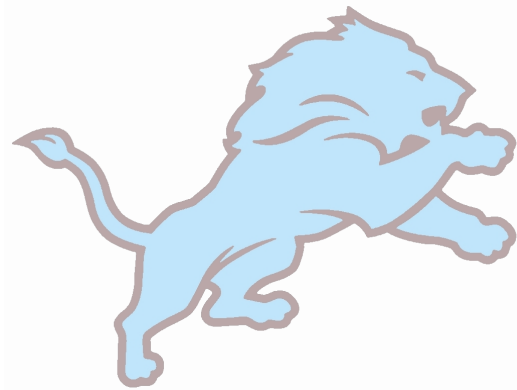
Kate Davoren



Lisa Price



Training Sessions Term 3



Sign In & Out - Squads

It is becoming increasingly more common that SEAL student-athletes are not returning to their class on time on return from SEAL training. All student-athletes are expected to return straight to class upon their arrival back at school. Students who are marked as not returning will be noted as truant, and will receive a lunchtime in the Time Out room.

Uniform

All student-athletes are expected to be in correct SEAL uniform on SEAL days. They must be wearing their Maroon Polo at school, and their Navy Training shirt at SEAL. This applies to ALL SEAL student-athletes, including Individual athletes, unless there are specific dress instructions from their coach. While it is still cold, students may sign out/in from school wearing either the SEAL Hoodie or the navy blue Lyneham High School Hoodie. Students not in correct uniform will receive a uniform breach notice. Three uniform breach notices will incur a SEAL Strike.



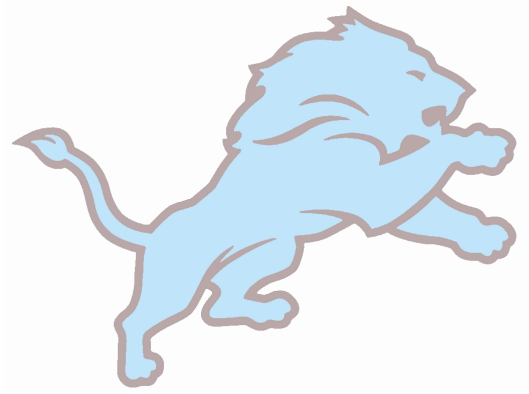
Attendance

Attendance at SEAL is compulsory. Student-athletes are expected to inform Miss Junakovic or Miss Davoren the day before their training sessions if they are unable to attend their session, and provide a note or email from home. Unexplained absences from SEAL will be investigated as per a normal unexplained absence from school. If a student has assessment tasks, or are worried about missing time from their classes, they are encouraged to speak to Miss Davoren. In class assessment tasks can be negotiated for SEAL students.

Individual Athletes

All individual athletes are expected to sign in & out through the front office, and follow the same notification process as Squad athletes if they will not be attending their scheduled session/s that week.

Important Reminders



SEAL Payments

2019 SEAL payments are now overdue. If you have not yet made your payment, please do so at your earliest convenience. Email communication will be made in early term 3 for those who still have outstanding training payments. Payments are essential for the SEAL program to continue running and for the program to source the best specialist coaches available.

SEAL Catch Up & the SEAL Diary

As part of the support provided to SEAL student-athletes, one lesson per week is taken out of the Health and Physical Education curriculum time to allow SEAL students to catch up on any missed classwork, assignments and other study. All students are expected to attend catch up during their nominated line. All students are expected to be utilising their SEAL Diary on a daily basis, with a weekly check in during SEAL Catch-Up. If your SEAL Diary is a little worse for wear, you can repair it with Miss Junakovic in the PE Staffroom. Alternatively, you may purchase your own diary for use - as long as it is used!

SEAL Contacts

Tiahna Junakovic

SEAL Program Coordinator
tiahna.junakovic@ed.act.edu.au
(02) 6142 1184

Kate Davoren

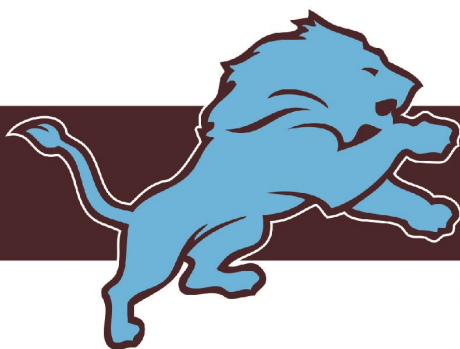
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Lisa Price

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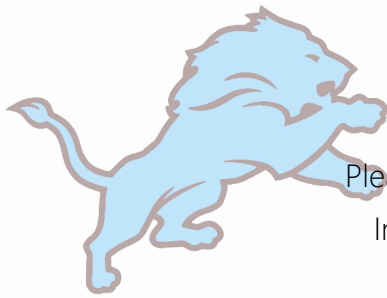


Google Classroom
To join, enter the class code: sb7rfj



S.E.A.L.
SPORTING EXCELLENCE AT LYNEHAM





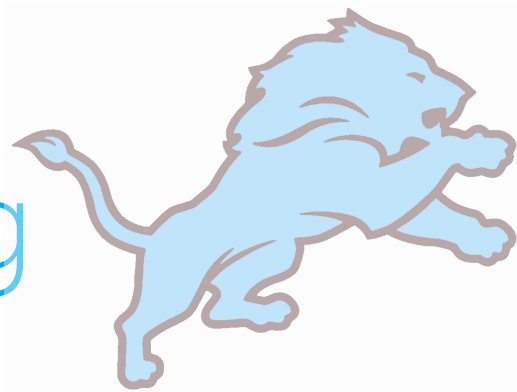
Term 3 Calendar



Please note the Calendar is a draft and will be confirmed week 1.
Information regarding Volleyball and Cricket changes will be emailed Monday week 1.

Month	School week	Mon	Tue	Wed	Thu	Fri
July	1	22	23 S & C - 9:20-10:35 Volleyball - 11:30-1:00 Athletics - S/J 1:45-2:45	24 Basketball - 1:45 - 2:45 Swimming - 2-3	25 Netball - 9:30 - 10:30 Football - 9:30-11:00 Hockey - 2:00-3:00	26 AFL - 9:20-10:20 League - 9:30-10:30 Cricket - 1:45-2:45
	2	29	30 S & C - 9:20-10:35 Volleyball - 11:30-1:00 Athletics - T 1:45-2:45	31 Basketball - 1:45 - 2:45 Swimming - 2-3	1 Netball - 9:30 - 10:30 Football - 9:30-11:00 Hockey - 2:00-3:00	2 AFL - 9:20-10:20 League - 9:30-10:30 Cricket - 1:45-2:45
August	3	5	6 S & C - 9:20-10:35 Volleyball - 11:30-1:00 Athletics - S/J 1:45-2:45	7 Basketball - 1:45 - 2:45 Swimming - 2-3	8 Netball - 9:30 - 10:30 Football - 9:30-11:00 Hockey - 2:00-3:00	9 AFL - 9:20-10:20 League - 9:30-10:30 Cricket - 1:45-2:45
	4	12	13 S & C - 9:20-10:35 Volleyball - 11:30-1:00 Athletics - T 1:45-2:45	14 Basketball - 1:45 - 2:45 Swimming - 2-3	15 Netball - 9:30 - 10:30 Football - 9:30-11:00 Hockey - 2:00-3:00	16 AFL - 9:20-10:20 League - 9:30-10:30 Cricket - 1:45-2:45
	5	19	20	21	22	23
		Year 9 Band Tour				
	6	2020 Applications Open 2020 Continuation Form Open	S & C - 9:20-10:35 Volleyball - 11:30-1:00 Athletics - S/J 1:45-2:45	Basketball - 1:45 - 2:45 Swimming - 2-3	Netball - 9:30 - 10:30 Football - 9:30-11:00 Hockey - 2:00-3:00	AFL - 9:20-10:20 League - 9:30-10:30 Cricket - 1:45-2:45
		26	27 S & C - 9:20-10:35 Volleyball - 11:30-1:00 Athletics - T 1:45-2:45	28 Basketball - 1:45 - 2:45 Swimming - 2-3	29 Netball - 9:30 - 10:30 Football - 9:30-11:00 Hockey - 2:00-3:00	30 AFL - 9:20-10:20 League - 9:30-10:30 Cricket - 1:45-2:45
September	7	2	3 S & C - 9:20-10:35 Athletics - S/J 1:45-2:45	4 Health & PE Day	5	6 AFL - 9:20-10:20 League - 9:30-10:30 Cricket - 1:45-2:45
	8	9	10 S & C - 9:20-10:35 Athletics - T 1:45-2:45	11	12	13 2020 Applications Close AFL - 9:20-10:20 League - 9:30-10:30
	9	16	17	18	19	20
		Sportsgrounds Closed				
	10	23	24	25	26	27
		Sportsgrounds Closed				
					Year 8 Band Tour	

Education & Wellbeing



Sports Nutrition Seminar

We welcomed Erica Stephens from Sportrition in Week 4 of this term to present to all our SEAL student-athletes on Nutrition for Sports Performance. Erica is an Accredited Sports Dietician, Accredited Practising Dietician, and an Accredited Level 1 Anthropometrist who also has extensive experience as an athlete. Most notable being her Australian representation in the sport of Taekwondo and earning a spot in the Olympic Shadow Team for the 2004 Olympics.

The seminar covered a range of topics including everyday nutrition, hydration, supplements (doping risks), game/race/competition day nutrition needs and eating to support training load, performance and recovery. Erica explained to students why it is important to consider nutrition and provided them with practical examples of how they could structure their food intake to meet their individual nutritional and sporting requirements.

The SEAL team would like to extend their thanks to Erica for a highly informative and valuable learning opportunity for our students.

What was the most valuable learning you took away from the seminar?

"I found the advice on sports drinks and good foods to have at half time beneficial"

"How important it is to take care of what you eat and also when it is best to eat before training or a game"

"What foods are good to eat between competing at competitions that will still give me energy but not to make me feel full."

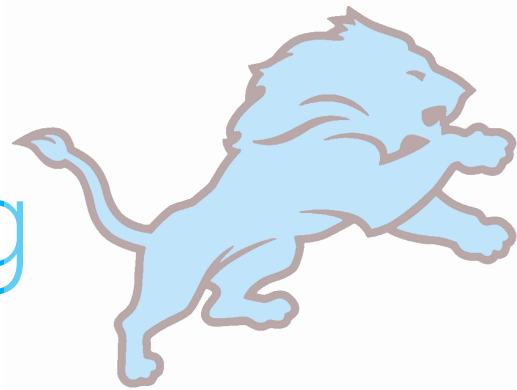
"Learning to refuel after physical activity with carbohydrates and protein"

"What to eat before, during and after doing sport"

"Hydration"



Education & Wellbeing



Strength Workshop

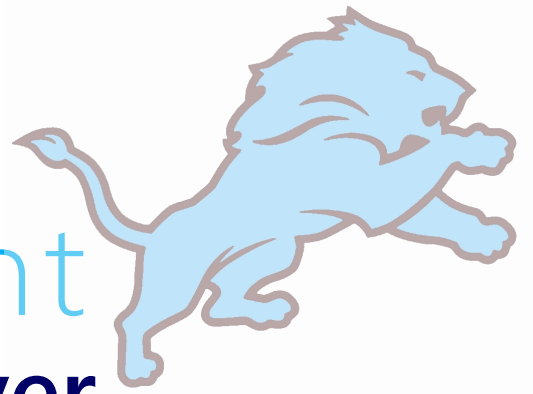
On Wednesday 12th June 2019, we welcomed back Ella Borgeaud from Sportscare and Physiotherapy for a series of strength workshops targeted at our SEAL student-athletes. Students were able to opt into these workshops by registering via a Google Form on the SEAL google classroom page.

The strength workshops provided students with the knowledge and skills to be able to build up their strength for optimal performance and injury prevention. Ella started off by educating students on the importance of strength and conditioning, when it should be done and key parameters. Students then self-tested themselves against normative values for age-matched athletes and identified areas of weakness. Ella outlined how those areas of weakness could be improved through the undertaking of a basic body weight strength program at home. She demonstrated correct technique for a range of key strength exercises and students practiced these while receiving feedback to ensure they were doing it correctly.

Thank you to Ella for another great session! We look forward to continuing this wonderful partnership in the future.



SEAL in the Spotlight **Aiden Hellyer**



Aiden is a year 8 SEAL Hockey Student-Athlete who started playing Hockey just before he turned 3! His Dad has been very involved in Hockey, so it was almost unsaid that Aiden would love the sport. When Aiden was asked why he enjoys playing Hockey, he said it's a fast paced, fun game and challenges him every time he takes the field.

Aiden has had quite a lot of success at the state level, making multiple representative teams a number of times. These include:

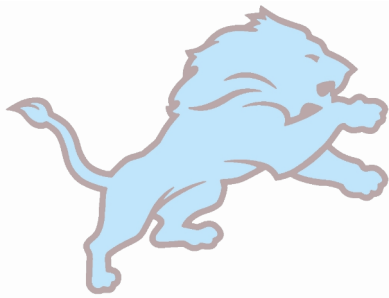
- 2 selections in the School Sport ACT u12 team
- 2 selections in the Hockey ACT u13 Field Hockey team
- 3 selections in the Hockey ACT u13 Indoor Hockey team
- 4 selections in the Canberra u13 team
- 1 selection in the Canberra u15 team

He has one more season in the Hockey ACT u13 Indoor and Outdoor teams, before he hopes to make the Hockey ACT u15 team and the School Sport ACT u16 team. This will coincide with the next stage of Aiden's development where he will begin playing in Seniors.

Aiden is away this coming week at the NSW u13 Tournament with the Canberra A team, along with his sister Imogen (year 10) who is coaching a Canberra u11 team.

We wish them both good luck!





60 SECOND SHOOT OUT

With Aiden



What, or who has inspired you to achieve what you have so far?

I have done a lot of skills training with Peta Mackinnon (a former Australian player) who is an amazing and inspirational coach. She provided the Hockey foundation for me to be the player I am today.

Where do you see yourself in five years?

In the ACT u18 team and playing for ANU Hockey Club 1st grade team. I want to be in the running for the National Development program.

Who is your favourite sports person or people?

Edwina Bone. She's a current Hockeyroo!

If you could choose for there to be only one season, which would you choose and why?

Spring! That way I could play both Indoor and Outdoor Hockey and get the best of both worlds.

What's your favourite home cooked meal?

Chicken and Avocado Pasta

Name the 5 people you would love to have over for dinner

Amaru (fellow SEAL Student), Jamie Dwyer (5 x world Hockey player of the year), Eddie Bone, Glenn Turner (former Kookaburra and SEAL Strength & Conditioning Coach), and Peta Mackinnon.

What is the best thing about being a SEAL student athlete?

Being able to train for my sport during school hours so I can continue to develop my skills and gain the edge I need to achieve my sporting goals.

When you're not at training, what do you most like doing?

Either playing on my PlayStation, or playing Hockey on the pitch that my parents built in our backyard.



SPORTING EXCELLENCE IN FOCUS

Term 2 Athlete Achievements

Year 7



Gabi Dahms

Squad - Athletics: Selected in u12 School Sport ACT Athletics team to compete in the Championships in September.

Gabi Dahms

Squad - Athletics: Won the Lauren Boden Award & Girls Club Champion at Corroboree Little Athletics

Luca Drury

Squad - AFL: Selected in the GWS Giants u13 Development Squad.

Freya Main

Squad - Athletics: Selected in the School Sport ACT Cross Country Team.

Anirudh Nallaparaju

Individual - Tennis: Selected in the u13 Tennis ACT Team

Anna Vahey

Squad - Hockey: Selected in the u12 School Sport ACT Hockey Team

Have you been selected in a representative team or squad? Have you recently represented ACT or Australia at a National or International competition? Have you made any substantial achievements in your sport?

Tell us! Fill out the Student-Athlete Representative Achievement form on Google Classroom, or send Miss Junakovic an email.

[Google Form link](#)

[Miss Junakovic's email link](#)

SPORTING EXCELLENCE IN FOCUS

Term 2 Athlete Achievements

Year 8

Jayden Alderman

Squad - Volleyball: Selected in the u15 School Sport ACT Volleyball Team

Maia Cameron

Squad - Football: Selected in the u14 ACT Football team to compete at the Youth Championships in July

Braidyn Cummins

Squad - Rugby League: Selected in the Raiders u14 Development Squad.

Alex Fladun-Dorling

Individual - Figure Skating: Represented Australia at the Oceania International Novice Figure Skating Competition

Aiden Hellyer

Squad - Hockey: Selected in the u13 Hockey ACT Indoor Hockey team. This is Aiden's fourth consecutive selection in this team.

Huxley Jensen

Squad - Volleyball: Selected in the u15 School Sport ACT Volleyball Team

Amaru Ley Gamboa

Squad - Hockey: Selected in the u13 Hockey ACT Indoor Hockey team.

Morgan Quinn

Squad - Cricket: Selected in the u14 Comets Regional Academy

Charlie Skinner

Squad - Volleyball: Selected in the u15 School Sport ACT Volleyball Team

Finn Taylor

Squad - Volleyball: Selected in the u15 School Sport ACT Volleyball Team

Harsh Thakkar

Squad - Cricket: Selected in the u13 ACT Comets Indoor Cricket Team

James Wilkinson

Squad - Volleyball: Participated in the Australian Junior Beach Volleyball Championships as part of the ACT team

James Wilkinson

Squad - Volleyball: Selected in the u15 School Sport ACT Volleyball Team



SPORTING EXCELLENCE IN FOCUS

Term 2 Athlete Achievements *Year 9*



Kai Chalmers

Individual - Gymnastics: Selected in the ACT Men's Artistic National Championships Team

Tui Georgievski

Squad - Rugby League: Selected in the Raiders Development Squad

Tui Georgievski

Squad - Rugby League: Selected in the Australian Tag20 Team



Caitlin Hitchins

Squad - Rugby League: Selected in the School Sport ACT u14 Softball Team.
Selected in the Softball ACT u14 Team

Caitlin Hitchins

Squad - Rugby League: Selected in the u14 Australian Development Softball Team

Eli May

Squad - Rugby League: Selected in the School Sport ACT u15 Rugby League Team



Abigail Marceau

Squad - Volleyball: Selected in the Volleyball ACT u17 squad.

Kyle McDermott

Squad - Rugby League: Selected in the School Sport ACT u15 Rugby League Team



Asher Light

Squad - Football/Futsal: Selected in the ACT TSP team to compete in the NSW Talent Identification Tournament for 15s Boys.

Royce Miltze

Squad - AFL: Selected in the u15 School Sport ACT Volleyball team.

Alex Osborn

Individual - Taekwondo: Won Gold in the –49kg Division and Silver in the –53kg Division at the Mooto Gold Coast Open.

Meg Roden

Squad - Strength & Conditioning: Selected in the u15 ACT National Youth Championship Football (soccer) team.

Lauren Yee

Squad - Hockey: Selected in the u16 School Sport ACT Outdoor Hockey Team

SPORTING EXCELLENCE IN FOCUS

Term 2 Athlete Achievements *Year 10*

Jarrah Anderson

Individual - Cycling: Won a Silver Medal in the u17 Men's National Sprint Championships (200m), and set ACT Records and Personal Bests in the Team Sprint and 500m Time Trial.

Kailan Birkett

Squad - Volleyball: Travelled to Thailand as part of the Volleyball Australia Junior Men's Development Program.

Chris Fladun-Dorling

Individual - Ice Dancing: Represented Australia at the Oceania International Novice Figure Skating Competition

Maxx Green

Squad - Strength & Conditioning: Selected in the School Sport ACT u16 Football team.

Leon Hemmings

Individual - Tennis: Won the NSW u16 Doubles Title at the Pizzey Cup.

Imogen Hellyer

Squad - Hockey: Coaching the u13 Hockey ACT Bronze Team at the NSW State Championships

Chandler Leydon

Squad - Volleyball: Selected in the u18 Athletics ACT Team and placed 3rd in the 4x100m Relay.

Mackinley Miller

Squad - AFL: Selected in the u16 AFL ACT/NSW Rams squad

Roy Prosser

Squad - Volleyball: Selected in the u18 School Sport ACT Cross Country team.

Roy Prosser

Squad - Volleyball: Travelled to Thailand as part of the Volleyball Australia Junior Men's Development Program.

Kirby Smee

Squad - Volleyball: Participated in the Australian Junior Beach Volleyball Championships as part of the ACT team.

Isabella Stirling

Squad - AFL: Selected in South East Sporting Academy (SESA) AFL program.

Saul Thompson

Squad - Cricket: Selected in the u16 ACT Comets Regional Academy.

Charlotte Van Gerwen

Squad - Volleyball: Participated in the Australian Junior Beach Volleyball Championships as part of the ACT team.

Charlotte Van Gerwen

Squad - Volleyball: Selected in the u16 School Sport ACT Volleyball team. Selected in the u17 Volleyball ACT team.

Kathryn Wilkinson

Squad - Volleyball: Participated in the Australian Junior Beach Volleyball Championships as part of the ACT team.



SPORTING EXCELLENCE IN FOCUS

Australian Representatives



FIGURE SKATING:

During May, Chris (Year 10) and Alex (Year 8) Fladun-Dorling competed at the International Skating Union Oceania Competition. Once again, they are the Oceania title holders in Advanced Novice Dance. Congratulations Chris and Alex!



SOFTBALL:

During the Softball Nationals in Perth in January, Caitlyn Hitchins was Talent Identified and selected in the under 14 Australian Softballs Diamond team. The team travelled to New Zealand in the April school holidays and played many New Zealand teams during a Development Tour. The team had a successful tournament, coming second by only one run. Caitlyn pitched for the whole



SPORTING EXCELLENCE IN FOCUS

Australian Representatives

VOLLEYBALL:

During the April school holidays, current SEAL athletes Roy Prosser, Kailan Birkett and Kirby Smee (Year 10), SEAL Alumni Jaiha Birkett and Mackenzie Gibb (Year 10 2018), and SEAL Health and Physical Education teacher Andre Borgeaud travelled to Thailand as part of the Volleyball Australia Junior Development squad programs. Both the Junior Men's and Women's teams participated in the Thai under 20 Championships where they play teams from schools, clubs and universities. Mr Borgeaud speaks of the excellent opportunity this provides athletes who are pursuing the Volleyball pathway, due to the intense competition they come up against while away.

Mr Borgeaud was part of the coaching team for the Junior Men's program, imparting his extensive Volleyball knowledge on the next playing generation. He also attended the Volleyball Nations Tournament part of the support team for the Australian Volleyroos, analysing the game play and statistics in their matches.



SPORTING EXCELLENCE IN FOCUS

ACT Representatives



TENNIS:

In early May, Leon Hemmings represented ACT as part of the u18 team heading to the School Sport Australia Pizzey Cup championship. Over a tough week, Leon fared well in both the doubles and singles competition, with team ACT finishing in 7th place. Good luck to Leon for his future competitions as part of the Tennis ACT Team.

HOCKEY:

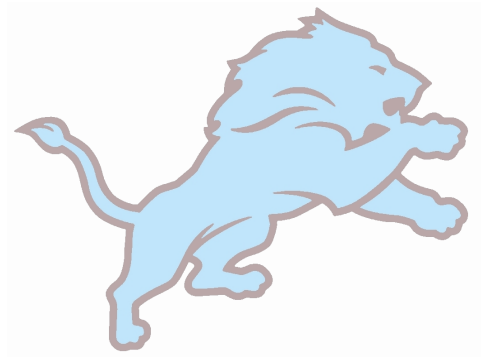
In late May, Dylan Brick (year 9), George Banks (year 9), Amaru Ley Gamboa (year 8), Ryan Dooley (year 8) and Aiden Hellyer (year 8) travelled to the NSW u15 Regional Hockey Championships, where their team came 2nd in Division 2.



BEACH VOLLEYBALL:

During the April school holidays, Charlotte van Gerwen (year 10), Kirby Smee (year 10), Kathryn Wilkinson (year 10) and James Wilkinson (year 8) travelled to Bunbury, WA for the Australian Junior Beach Volleyball Championships.

SEAL Coach Achievements

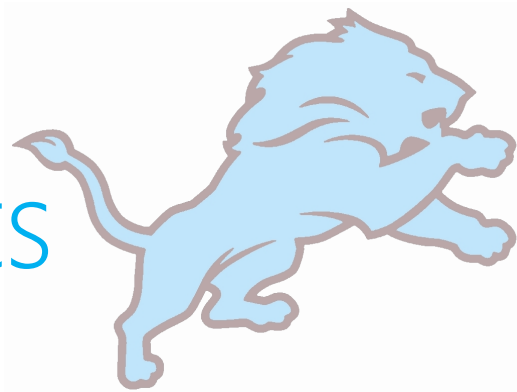


NETBALL:

Amber Brophy stepped in as the SEAL Netball coach this term while Bree was on her teaching practical placement, and will continue through term 3 with our Netballers. Amber is a part of the Canberra Giants Netball team who competes in the Australian Netball League and is a feeder club to Giants Netball. The Canberra Giants have had a successful season, and over the weekend competed in the finals series. Going down in the Major Semi-Final to the in-form NSW Waratah's, it was a 2018 Grand Final rematch for the Bronze Medal versus the Tasmanian Magpies. The Giants were down 1 point going into the final quarter, however the Magpies were too strong and took out the game at 50-59. Congratulations to Amber for her season with the Giants, and we thank you for your contributions to the SEAL program over Term 2 and into the future!



SEAL Coach Achievements



CRICKET:

Brad Thomas has been the SEAL Cricket coach for the past three years, and is stepping down from the role to pursue his sporting goals. Most recently, Brad has been selected in the Cricket ACT Rockets team, where he is currently participating in the Indoor Cricket National competition, defending ACT's back to back titles. We wish the ACT Team luck over the next week, and thank Brad for all he has done for the SEAL Cricket Program over the last three years.

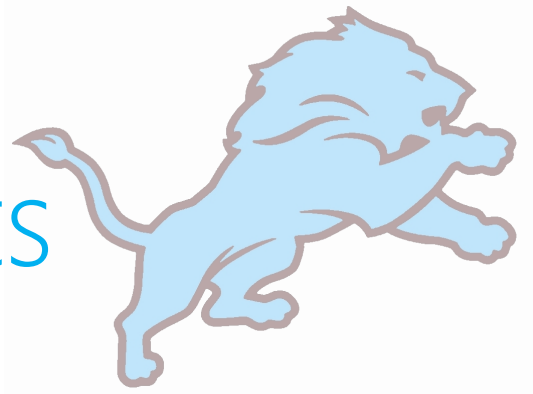


FOOTBALL:

Sonya Sheedy has been a SEAL Coach of the Football/Futsal program for many years now through Coerver Coaching. Sonya has finished up her full time position with Coerver Coaching as of the end of May, and is currently in Japan pursuing further professional development. We wish Sonya luck with her coaching future, and look forward to working with her when she returns.



SEAL Alumni Achievements



BASKETBALL:

Mikala Williams (Year 10 2016) has coached the SEAL Basketball Squad this term, prior to her transfer to the USA to study at Harcum College. Mickey will be playing in the NJCAA Basketball Competition, in the Garden State Athletic Conference. Mickey will study at Harcum for two years, before transferring to a Senior College to finish her degree. We



wish Mickey the best of luck in America, and thank her for her time and dedication to the SEAL Basketball Program as both a student-athlete and coach.

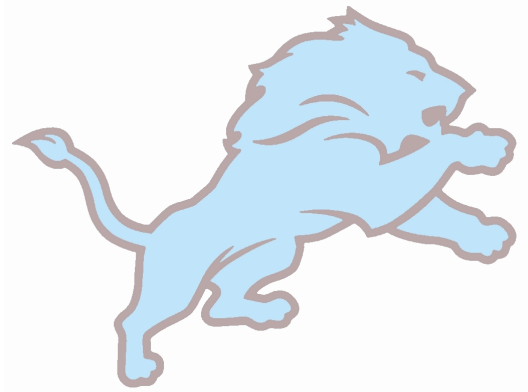
TENNIS:

Kaitlin Staines (Year 10 2015) has been selected to represent Australia at the World University Games in July, as one of two female tennis players in women's singles and doubles. This will be her second Australian Representation, after playing in the Junior Fed Cup in India at age 16. Kaitlin has been studying at the University of Tennessee after receiving a scholarship in year 12 to play Tennis. She is studying Psychology and hopes to master in Sports Psychology in the future, while playing both singles and doubles in Tennis. Earlier this year, Kaitlin and her doubles partner Sadie Hammond were named All-American, with their highest ranking coming



in at #6 - out of over 300 doubles teams. Kaitlin has a current Tennis Australia Women's ranking at No. 96. We wish Kaitlin good luck at the World University Games!

SEAL Code of Conduct



All students have received a copy of the SEAL Code of Conduct in their Induction Package. It is important that parents/carers read through the Code of Conduct with their child so all are aware of what is expected of SEAL Student-Athletes throughout the year.

SEAL Student athletes are expected to:

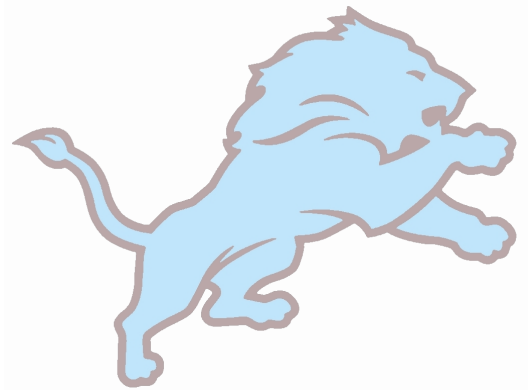
- Wear the SEAL uniform when signing in/out and at all training sessions. Failure to do so will result in a uniform breach notice.
- Attend all compulsory SEAL events including the Swimming Carnival, Athletics Carnival and Cross Country Carnival. Participation in events is not mandatory; however students must then assist on events.
- Participate in Lyneham High School Sport for their sport or discipline.
- Give 100% to all coaching sessions and ensure that while out in the community SEAL students are polite and helpful to all members of the public.
- Attend all SEAL training sessions as negotiated as part of the enrolled program. Non-attendance must be accounted for by a parent/guardian before the session.
- Seek out and catch up on all missed work while attending SEAL and/or other sporting commitments.
- Hand in all assessable items of work for all classes on time.
- Use study sessions effectively. Organise the work you need to do in SEAL catch-up prior to the session.
- Utilise the SEAL student-athlete academic diary to keep track of all SEAL sessions, sport trainings and all school work.
- Adhere to school rules at times. Failure to do so may result in a SEAL suspension or strike.

Any breach of the Code will result in disciplinary action by the SEAL Coordinator or SLC Health and Physical Education. Action may range from temporary withdrawal from SEAL coaching sessions to permanent suspension from the SEAL program itself. Actions are determined by the SEAL Coordinator, SLC Health and Physical Education and Coach, in liaison with parents and the Principal.

Coerver Coaching are offering school holidays camps during these upcoming holidays!

Click the link below to apply.

<https://coerveract.com.au/holiday-camps>



COERVER®
COACHING

ACT JULY SCHOOL HOLIDAY CAMPS

MONDAY 15 - THURSDAY 18 JULY

9.00AM-12.00PM

NORTHSIDE & SOUTHSIDE

**COERVER® Coaching - CHAMPIONS START
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*"The World's no. 1 soccer skills teaching
method" proudly developing creative confident
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*For boys and girls aged 4-16 years and all
ability levels.*

*Globally designed sessions developed to
improve individual skills through ball mastery,
drills, moves and small sided play. Our goal is
to inspire players to work on their ball skills on
their own and in small groups.*

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