

The second Rex Nottage Coaching Clinic will be run on the 21st, 22nd and 23rd of July at the Grafton Regional Sports and Entertainment Centre. The previous clinic went extremely well with a lot of positive feedback from the players that attended.

“The experience was really fantastic.”

“The video we recorded showed us what areas we needed to work on to improve.”

“We would really enjoy attending another camp.”

- Jess and Sarah Bamford.

“The camp was really good we got to learn a lot about our game and where we can improve on it.”

- Levi Parbery

This clinic will aim to:

1. Get the best people together on a regular basis for competition, knowledge sharing, skill acquisition, physical development and individual mentoring.
2. Provide video analysis of each individual during the camp with verbal and written feedback. The video files will then be placed on a website for coach/athlete to access. During periods between clinics members will be able to upload other material for evaluation and feedback.
3. Bring in a guest coach to deliver lectures/sessions on specific subjects, also have a session on a sports science subject. All lectures and other information will be available to access on the web page.
4. Develop and mentor pathways for members to progress through the leagues e.g. Youth League, State League, ABA, NBL, and College in the USA etc.
5. Take the members on a tour to the USA for competition and exposure each year. Each year group needs to decide to either tour in December/January for games versus colleges/high schools or tour in June/July for 5 star camps/tournaments.

The cost for the clinic is \$300, for three days of training. The clinic will start at 9.am on Tuesday 21st July and finish at 3pm on Thursday 23rd July.

Included in the clinic cost is:

- o Accommodation at the Hockey Bunkhouse (you will need to bring - blankets, pillows, towels toiletries etc)
- o All Meals
- o Three full days of training with some of the best coaches in Australia

Bookings are expected to be heavy so be sure to register ASAP to ensure your position. It is planned that only 30 positions will be available and campers that attended the first camp will take preference over others campers.

If you are interested in attending the clinic please fill out and return the following information to the address below.

Name: _____ Age: _____

Address: _____ P/C: _____

Phone: _____ Mobile: _____

**Post to B. Leonard
Mulquinneys Road, Braunstone 2460**