



COUNTIES MANUKAU DEVELOPMENT PROGRAMME

November 2011—February 2012

For: U15, U17 & U19 Centre Representative Players

| Date/Time | Age Group | Programme | Venue |
|-----------------------------|----------------------------------|---|----------------------------------|
| Wed 2 Nov 6.00pm—7.30pm | U15 Players | Introduction to the programme, Fitness Testing, | Papatoetoe High School Gymnasium |
| 7.30pm—9.00pm | U17 & U19 Players | As above | Papatoetoe High School Gymnasium |
| Wed 30 Nov 6.30pm—8.00pm | U15 Players U17 & U19 Players | SPORT PSYCHOLOGIST Goal setting, performing under pressure, mental preparation | Papatoetoe High School Gymnasium |
| Sat 18 Feb 9.00am—3.00pm | U17 & U19 Players | NETBALL CAMP | Mangere/Otahuhu Netball Centre |
| Sun 19 Feb 9.00am—3.00pm | U15 Players | NETBALL CAMP | Howick Pakuranga Netball Centre |

All Centre Representative Coaches are welcome to attend these sessions in an observation role.