

HIGH PERFORMANCE PROGRAMME 2011/12



Wed 26 Oct 6.30-8.30pm
Papatoetoe High School
Intro to Programme
 Tania Heap
Sport Psych
 Vicki Aitken

Wed 9 Nov 6.30-8.30pm
Papatoetoe High School
Sport Psych
 Vicki Aitken
Fitness Testing
 Tania Heap

Wed 23 Nov 6.30-8pm
Papatoetoe High School
Strength & Conditioning
 Norman Archery


Sun 27 Nov 9-12noon
 The Pad, 6 Polaris Pl,
 East Tamaki
Boxing
 David Raffaelli



Wed 30 Nov 6.30-8pm
Totara Park
Totara Park Run
 Mike Speck



Sun 4 Dec 8-11am
Creo Gym Elliot St Papakura
Gym Workout
ZUMBA
BODY PUMP



Wed 7 Dec 6.30-8pm
Papatoetoe High School
PILATES
 Sara Jasmat
Fitness Testing

Sun 11 Dec 9.30-11am
Eastern Beach, Howick
Beach Training
 Mike Speck



Sun 22 Jan 9.30-11am
Papakura Netball Centre
BOOT CAMP
Plyometric
 Seb Graham



Wed 25 Jan 6.30-8pm
Papatoetoe High School
Fast Feet
Footwork
 TJ Weistra (Mobile Coach)



Sun 29 Jan 9.30-11.30am
Papatoetoe High School
Netball Rules
 Debbie Shoebridge
NETBALL
 Regional Coaches

Wed 1 Feb 6.30-8pm
Papakura Netball Centre
BOOT CAMP
Plyometric
 Seb Graham





Sun 5 Feb 9.30-11.30am
Papatoetoe High School
Speed & Agility
 Mike Speck
NETBALL
 Regional Coaches

Wed 8 Feb 6.30pm-8.30pm
Papatoetoe High School
Speed & Agility
 Mike Speck
NETBALL
 Regional Coaches

Sun 12 Feb 9.30-11.30am
Papatoetoe High School
Speed & Agility
 Mike Speck
NETBALL
 Regional Coaches

Wed 15 Feb—6.30-8.30pm
Papatoetoe High School
Speed & Agility
 Mike Speck
NETBALL
 Regional Coaches

Sun 19 Feb—9.30-11.30am
Papatoetoe High School

Netball Trials

Wed 22 Feb—6.30-8.30pm
Papatoetoe High School

Netball Trials

High Performance Programme Co-ordinator—Tania Heap,
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www.netballcm.org.nz