







Pre - Register online at **netballhamilton.org.nz** or just turn up - All of those who register in advance will go into the draw for a prize pack - drawn at the workshops

Strapping for Netball

Workshops

Come and learn how to strap specifically for Netball with Amanda Foster from Active Health (Previous Magic, NZA & Ferns Fast5 Physiotherapist)

Ankles, thumbs, fingers, feet & more

All workshop tape and materials needed to practice with are supplied for these workshops by Victor

Wednesday 17th May

Tuesday 23rd May

7-8pm @ HCNC

Need to stock up on tape for the season? Tape is able to be purchased on the night & ankle brace fitting available; eftpos available