



MERCY COLLEGE MACKAY

Creative Students • Catholic Values

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14 May 2019

SHARKS NETBALL CLINIC Friday 24 May 2019



Parents/Guardians:

On Friday 24 May, the Netball Excellence classes will be attending a Whitsunday Sharks Netball Clinic organised by the College to further their development in netball. We are very fortunate to have the following professionals attend on the day:

- Jules Penklis (Head Coach)
- Marnie Walsh (2018 Open Manager and 2019 Under 16's Manager)
- Zarnia Bell (Captain and Under 16's Head Coach) and
- Jemma Carey (Captain)

We are delighted to have Danae Gardner (Physiotherapist travelling from Adelaide) and Renae Kunst (QRL Development Officer and former Australian Jillaroo) as guest speakers, who will discuss the importance of nutrition, self-care and the inequalities women face at an elite level.

Students are required to be at school by 8.30am sharp in order to catch the Mercy bus to the Mackay Netball courts. They will spend the morning participating in drills and return back to school by 12.45pm when they will conclude the day with our guest speakers.

The girls are asked to wear their sports shirt and appropriate black or navy shorts or ¾ length tights to the morning clinic. They will be required to change into their sports shorts upon return to school. They must have a hat, water bottle and towel.

Students are aware that it is their responsibility to catch up on any work missed.

We would like to take this opportunity to thank the P & F Association for their contribution towards this event as well as Teresa Dreghorn (Sharks Treasurer) for her expertise.

If you have any concerns or questions regarding the clinic, please feel free to contact me via email at christine_newland@mercymackay.qld.edu.au

Kind regards

Mrs Christine Newland
Netball Coordinator

Mr Jim Ford
Principal