

ESF Netball



Netball is a non-contact team sport based on running, jumping, throwing and catching. Over 20 million people play Netball around the world in more than 70 countries.

It is with great excitement that ESL introduce Netball into the after schools programme and 4 schools have chosen to pilot the course in its first term. The classes are aimed at children aged 5 to 11 years, providing positive learning and playing experience. The classes will enable children to enjoy an introduction to the sport of netball, learning the basic skills and game rules that will allow them to develop and continue their participation in the sport. Sessions will focus on fun and participation in a safe and inclusive environment.

Netball 1 (Age 5 – 7 years)

Netball 1 is designed for children aged 5 to 7 years of age who want to learn the basic skills of netball. Classes are aimed at developing children's fundamental motor skills; balance; co-ordination; footwork and ball handling.

Netball — Course Fees

COURSE NAME & CODE		
Clearwater Bay (NE1-NE2)	10 sessions	\$1800
Kowloon Jnr School, Perth (NE1-NE2)	6 sessions	\$1080
Quarry Bay (NE1-NE2)	9 sessions	\$1620
Sha Tin Junior School (NE1-NE2)	11 sessions	\$1980

Participants will be encouraged to work on chest and bounce passes, spatial awareness and fair play. Skills will be taught through the use of activities and games that are netball orientated. The emphasis is on participation and fun. Both girls and boys are welcome to the session.

Netball 2 (Age 8 – 11 years)

Netball 2 has been designed to meet the needs of children 8 to 11 years of age. During these classes children will develop and add to their basic netball skills, and be educated on the netball positions and rules. Participants will be introduced to the netball game with modified rules suitable for this age group. All the children will be given opportunities to experience different positions on the court. Sessions will focus on skill development as well as emphasis on participation and FUN in all activities.

Basic movement skills will be developed during these sessions and children will have the chance to try the following activities:

- Change of direction and court balance
- Shooting technique & rebounding
- 1 on 1 defence
- Intercepting
- Defence of shot – technique & rebounding
- Basic Rules Knowledge

Free Registration Gift

All First Time students registering with ESF netball will receive:

- 1 ESF Sports T-shirt

Netball — Schedule

	Mon 12 Apr-21 Jun	Tue 18 May-22 Jun	Wed 14 Apr-23 Jun (except 16 Jun)	Thu 15 Apr-24 Jun	Fri 16 Apr-25 Jun (except 21 May)	Sat 17 Apr-26 Jun (except 1 May)
Clearwater Bay School Netball 1 (5-7 yrs) NE1 Netball 2 (8-11 yrs) NE2					2:50 - 3:50 3:50 - 4:50	
Kowloon Junior, Perth Netball 1 (5-7 yrs) NE1 Netball 2 (8-11 yrs) NE2		3:10 - 4:10 4:10 - 5:10				
Quarry Bay Netball 1 (5-7 yrs) NE1 Netball 2 (8-11 yrs) NE2	Except 12 Apr & 21 June 2:45-3:45 3:45-4:45					
Sha Tin Junior Netball 1 (5-7 yrs) NE1 Netball 2 (8-11 yrs) NE2				2:45-3:45 3:45-4:45		

Section 1 - Student's Details (BLOCK LETTERS please)

Surname _____ Given name _____
 Date of Birth (dd/mm/yy) ___ / ___ / _____ Gender Male Female
 Flat/House _____ Floor _____ Block/Tower _____ Building _____
 Street/Road _____ District _____
 HK KLN NT _____ Home Phone _____ Fax _____
 Mum's/Dad's name _____ Mum's/Dad's mobile _____
 Email _____ **Please provide a valid email address as the acknowledgement of receipt of your application and all correspondence will be sent by email**

Section 2 - Course Enrolment

Course Name	Code	Venue	Day(s)	Time	Course Fee
					\$ _____

Section 3 - Payment Options

- Cheque payment: Complete and mail this application form along with your cheque made payable to 'ESF Educational Services Ltd' to: **Sports Section, ESF Educational Services Ltd, 5/F, Cigna Tower, 482 Jaffe Road, Causeway Bay, HK.** Please write the student's name on the back of the cheque.
- Credit card payment: Complete this application form including your credit card details and fax it to 2711 8007 or mail it to our address above. Faxed applications without credit card details will NOT be accepted or processed.
 - Visa Mastercard JCB
 - *We do NOT accept American Express

Cardholder's name _____ Credit card number _____
 Expiration date (mm/yy) ___ / ___ Amount to be charged HK\$ _____ Cardholder's signature _____
 By signing, I hereby authorize ESF Educational Services Limited to charge the specified credit card account in the indicated amount. I promise to pay such total subject to and in accordance with the agreement governing the use of such card.

ESL may use photographs taken during ESL's sport activities for use in promotional publications and on our website. These photographs will not be passed onto third parties. If you do not wish for ESL to use photos that include your child, please contact us directly.

Section 4 - Consent Details

In enrolling my child in ESF Educational Services Limited courses I agree that my child will abide by the rules and regulations set out by the company. This can be viewed at www.esf.org.hk. I will not hold ESF Educational Services Ltd. responsible for any injury to my child, or damages or loss to my property as a result of participation in these courses.
 Parent/Guardian(BLOCK LETTERS)

Signature _____ Date _____