

# NETBALL STRENGTH AND CONDITIONING COURSE

## WHEN

Thursday 14th March 2019  
6pm-9pm

## WHO

Claire Topham—Level 4 Strength and Conditioning, MsC Strength and Conditioning and BWL Licensed head coach in Olympic Weightlifting.

## WHERE

Gateshead College Academy for Sport— **NE10 0EF**

**COST**—£20

## CONTACT—

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*NE Netball*

*your game your way*

