



Train Well Play Well Stanwell Sports Forum



REGISTRATION FORM

\$80 per person *

- One registration form per person
- This form **MUST** be completed and returned to Capricorn Regional Netball Association if you wish to attend the Play Well Train Well Sports Forum
- All Payments **MUST** be made upon submission of these forms
- Forms and Payments **MUST** be received by the 25th of February 2012

Day 1 Saturday 3 rd March 2012	Sports Forum Nibbles and Game	8.30am to 5.00pm 5.00pm
Day 2 Sunday 4 th March 2012	Sports Forum	8.00am - 1.45pm

(Please complete session registration over page)

Association (if applicable): _____ Current Role: _____

Name: _____

Address: _____ Post Code: _____

Phone (h): _____ (w): _____ (m): _____

Email: _____

* An additional \$22 applies for those undertaking the 'Rules in Action' session for accreditation.

Payment Details	
<input type="checkbox"/> Cheque/Money Order Enclosed \$ _____ <input type="checkbox"/> Direct Deposit Capricorn Netball BSB: 064-727 Acc: 10092611 Ref: your name	Submit Form To: Shannon Wegert Capricorn Treasurer PO Box 330 Longreach Qld 4730 Or Email: stanwelledforum@hotmail.com

For further enquiries contact Capricorn Treasurer, Shannon Wegert on Ph 0428 160 312
 or email stanwelledforum@hotmail.com



Train Well Play Well Stanwell Sports Forum

SESSION REGISTRATION

Day 1 - Saturday, 3rd March

8.30am - 8.50am - Registration
8.50am - 9.00am - Forum opening

9.00am - 9.45am - Keynote Address
9.45am - 10.14am - Morning tea

Please indicate which session you will be attending in each of the listed timeslots by ticking the corresponding box.

Session 1	10.45am- 11.40am	‘So you think you can defend?’ - Yvonne Willering		‘What’s new in Umpiring’ - Stacey Campton	‘Anti-discrimination - do you really know what it means?’ - Ben Cooke
		<input type="checkbox"/>		<input type="checkbox"/>	
Session 2	11.55am- 1.10pm	‘It’s not the drill - it’s what you do with it!’ - Gillian Lee	‘Strength & conditioning for children’ - James Hood	‘Rules in Action’ - Stacey Campton	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>		
Session 3	2.10pm- 3.25pm	‘Team Talk’ - Yvonne Willering	‘Coaching kids - the secret to keeping them engaged’	<input type="checkbox"/>	‘Volunteer Management’ - Leisa Donlan
		<input type="checkbox"/>	<input type="checkbox"/>		
Session 4	3.40pm- 4.55pm	‘Court Play’ - Gillian Lee	‘Effective warm-ups and cool downs’ - James Hood	‘Developing Umpires and badging’ - Stacey Campton	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Session 5	6pm - 7pm	Game Analysis - Yvonne Willering	Capricorn Claws v Wide Bay Thundercats		
		<input type="checkbox"/>			



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Day 2 - Sunday, 4th March

8.15am - 8.45am - Registration

Session 1	8.45am-10.00am	‘Centre Court Specialist’ - Yvonne Willering	‘Aerobic & Anaerobic Fitness’ - James Hood		‘Financial Management’ - Leisa Donlan
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Session 2	10.20am-11.30am	‘Planning appropriate trainings’ - Gillian Lee	‘Core Strength - what does it mean & how to achieve it’ - James Hood	‘Improve your umpiring with positioning’ - Stacey Campton	‘Meetings, Motions and Minutes’ - Leisa Donlan
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Session 3	11.40am-1.00pm	‘Mastering movement in the goal circle’ - Yvonne Willering	‘How to create an individual training program’ - James Hood	‘Mentoring on Match Play’ - Stacey Campton	‘Successful Planning’ - Leisa Donlan
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1.10pm - Forum Closing