

SHOOT FOR THE WEEKEND!

**FRIDAY NIGHT
HIGH 5**

JUNIOR NETBALL LEAGUES

High 5 Netball is a fun, skilful game, where players are able to rotate positions and adapt their skills to play in any position.

- Years 5 and 6 (9 –11 year olds)
- 5 players on the court
- Squad rotation
- Size 4 Netball
- 4 seconds to pass the ball
- Normal court markings - up to a full sized court
- 30 minutes of play composed of: 4 matches of 6 minutes each with 2 minutes to rest and rotate positions.
- League results will posted on the website.

Barnes: 020 8876 8330
barnes@rockslane.co.uk

rockslane
multi sports centres

rockslane.co.uk

FRIDAY NIGHT HIGH 5 APPLICATION FORM

Season Dates

23 April - 16 July 2010 (12 weeks) 30 minute matches 4:30pm start

Team name:

School Year: _____

School(s) they attend: _____

List of provisional players:

1st Parent Contact:

Name _____

Home phone number: _____

Mobile: _____

Address: _____

Email: _____

2nd Parent Contact:

Name _____

Home phone number: _____

Mobile: _____

Address: _____

Email: _____

Cost of season is £24 per week, £288 in total

Payment must be made in advance by ONE parent by card or cash

Contact: helene@rockslane.co.uk telephone **020 8876 8330**