

NET FIT SESSION WITH KIM GREEN

Last Tuesday morning Kim Green, captain of Sydney Swifts came to the College and ran a training session for our Representative Netball squad. Kim provided our girls with insightful tips and strategies to improve their game. Our players were put through a gruelling fitness session as well as some innovative team work drills that are used by the Sydney Swifts. Girls had an opportunity to ask questions and learn of Kim's inspiring story and learnt that through hard work, commitment and passion dreams can come true.

Nicole Katrib - Netball Coach





