

SUMMER SPORTS ACADEMIES AT ST HELEN AND ST KATHARINE

MONDAY 24 – THURSDAY 27 JULY 2017

Become the best that you can be, by learning from the best

For girls aged 10–14, who are returning to school years 6-9



LACROSSE



NETBALL



GYMNASTICS



DANCE

Summer Sports Academies at St Helen and St Katharine are part of the 'Summer Explore' programme, offering unrivalled sports coaching opportunities during the summer break, led by some of the country's most high profile and successful coaches.

The Summer Sports Academy offers young people access to the country's most inspiring coaches through imaginative programmes in **Lacrosse**, **Netball**, **Gymnastics** and **Dance**.

To ensure the highest quality, headline coaches are present through the four day programme, and will coach all children every day. Assistant coaches are specifically and carefully selected for their experience, expertise and enthusiasm and coach:player ratios reflect the optimum environment in which to develop skills and make the most progress.

It's a sporting opportunity not to be missed and places are offered on a first come, first served basis.

We look forward to welcoming you.

Cost £169 for four days, including lunch



THE ASHA NIVEN LACROSSE ACADEMY

Experienced international Lacrosse player, Asha Niven, will lead a team of coaches to introduce and develop cutting edge skills and strategies direct from the elite game. With carefully graded groups, this course is suitable for young players who are new to the game and wish to learn it for the first time, as well as those of some experience who are aiming to become the best that they can be. Asha's unique and engaging coaching style will inspire all girls to develop themselves, and learn from her sensational example. Each day will have both a technical and tactical focus, as well as a range of games and contests to test new skills and understanding.

ASHA WILL COACH EVERY GIRL EVERY DAY

- Still skills and drills to challenge all abilities
- Individual attacking skills: feeds, fakes and shots
- Driving from the crease and the top
- Principles of settled attack and attacking formations
- Ground skills under pressure
- Defensive principles
- 1 v 1 and unit defence
- Transitioning
- Fast and slow breaks

ASHA NIVEN

Asha is an experienced England international player. She played in the 2013 World Cup, in Canada, and was a member of the England Gold Medal winning team in the 2015 World Championships in Prague. She has been part of the Team England programme since 2008, and is currently a member of the 26 player training squad for the World Cup in July this year.



THE KAREN ATKINSON NETBALL ACADEMY

Former England captain and coach, Karen Atkinson MBE, is one of England's most distinguished players of this century. In a unique programme, she and her coaches will introduce young players to the skills, strategies and attitudes that have helped her become so successful over a long international and Superleague career. There will be an opportunity for younger players of limited experience to master advanced skills, and for the more experienced players to develop the pace, power and strategy to enable them fully develop their potential. Karen's enthusiastic delivery, and inspiring example, will make for a memorable week for young Netball enthusiasts.

KAREN WILL COACH EVERY GIRL EVERY DAY

- Fundamental Netball skills: passing, catching, footwork and movement
- Essential attacking skills
- Getting free from an opponent
- Developing good timing
- Bringing the ball through the Court
- Man for man defending
- Making the intercept
- Attacking the Circle edge
- Shooting around the Circle
- Set play tactics: Centre Passes, Backline Throws, Side Lines

KAREN ATKINSON

Karen is one of a handful of players ever to win more than 100 caps for England. She was a first choice member of the team for over ten years, and captain for three. She won medals at three Commonwealth Games and two World Cups. After retiring from playing, she became Head Coach of Superleague winners, Hertfordshire Mavericks, and is currently Head Coach of Loughborough Lightning. She is a Technical Coach to the full England team. She was inducted into the Netball Hall of Fame in 2015, and awarded the MBE for services to the game.



THE GARY KIRBY GYMNASTICS ACADEMY

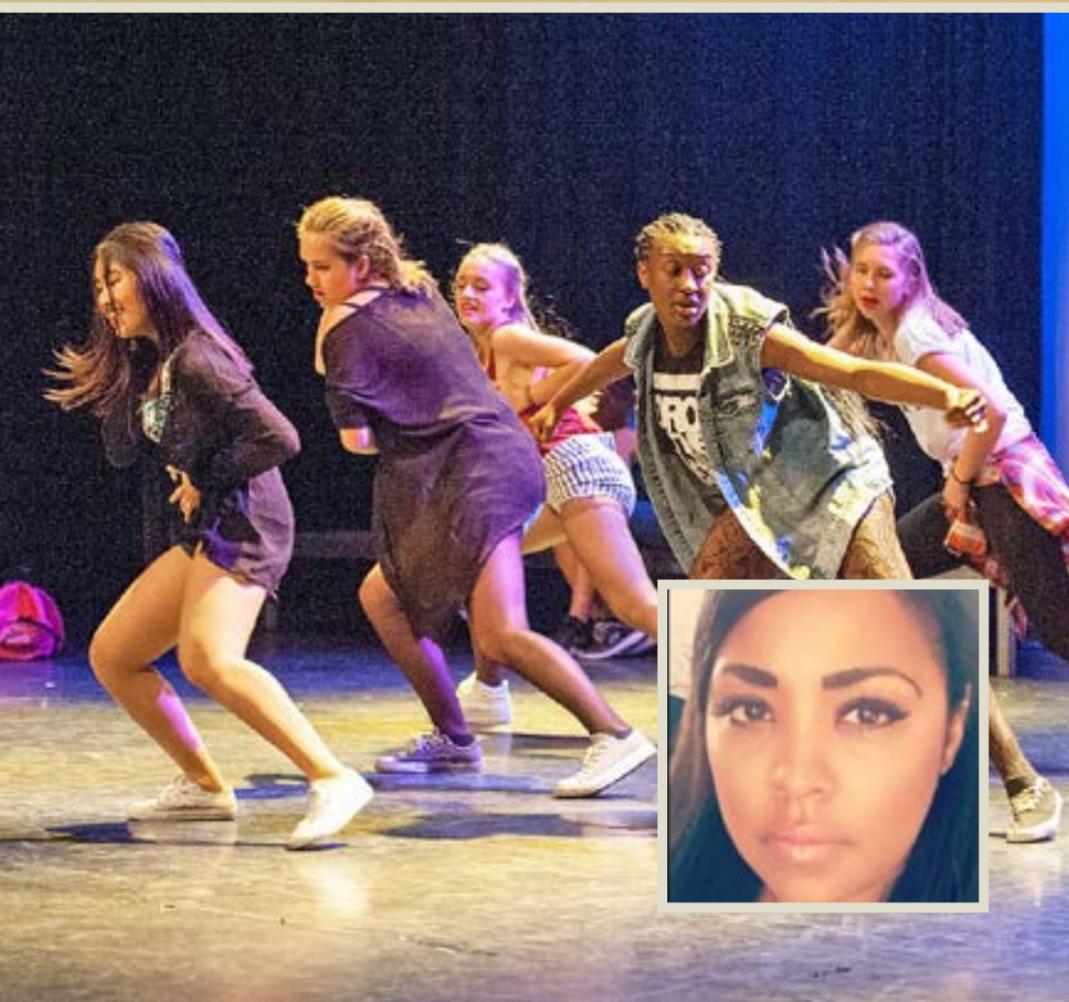
Gary Kirby is a former international gymnast, Olympic coach and international judge. He will lead a unique and inspiring programme that will enable young gymnasts of all abilities to make rapid and spectacular progress. This will cover all aspects of the sport, including floor and apparatus work. Building skills and sequences throughout the week, the work will culminate in a demonstration on the final afternoon. This course will benefit from the spectacular gymnastics facilities of SHSK, including its new tumble track, but numbers will be strictly limited.

GARY WILL COACH EVERY GYMNAST EVERY DAY

- Floor work: Walk over, handspring, somersaults, sequences and tumbling
- Balance: Individual, partner and group balances
- Vaulting: Squat on/off, through vault, straddle vault and Handspring
- Rebound activities with trampettes
- Final afternoon performance

GARY KIRBY

Gary Kirby was a GB international gymnast. He is an International Performance Coach, and has coached medallists in both Olympic Games and World Championships. He was appointed men's Technical Director at the 2002 Commonwealth Games, and was subsequently Gymnastics Development Officer for Liverpool. He is one of Britain's leading Gymnastics judges, having officiated at World and European Championships and two Commonwealth Games.



THE ELISHA PEART DANCE ACADEMY

This is a wide ranging course for dancers who enjoy participating in a variety of styles. It will provide lots of opportunities to learn new varieties of dance, and to create individual and small group performances. The week will build towards a performance on the final afternoon

ELISHA WILL COACH EVERY PERFORMER EVERY DAY

- Jazz and musical theatre; learning performance skills
- Cultural dance styles: Bollywood, African, Chinese and American
- Hip pop and commercial dance: learning the latest moves to favourite pop and urban music
- Coreography Project: learning choreography skills, and building routines in small groups
- Rehearsing in Show format: final afternoon showcase performance

ELISHA PEART

Elisha is a dance teacher and choreographer for her own company "Messy Jam Dance School". She graduated in 2012 and has worked with a vast range of professional artists including Kanye West, Prince, Calvin Harris, Gok Wan, Fergie, Simon Webb and many others. Elisha is trained in tap, jazz, ballet, pointe work, pas de deuz, contemporary, Matt Mattox, rock 'n'roll, latin commercial, street, basement, krumpin, freestyle disco, basic acrobatics, lyrical hip hop, drama and singing.