



NLCS Friday 30th October
(North London
Collegiate School
HA8 7RJ



Sweatball Netball

OCT Workshop

- Positional Training
- Tactical Awareness
- Match play



Sophie Meister
UKCC Level 2
Ex London Mavs Coach
Hertfordshire Teacher of Year
2026

10:00-12.00pm:
Year 7 & 8

12:00 -2:00pm
Year 5 & 6



Caitlin Rump
UKCC Level 2
Prem 1 player
Ex
Loughborough
Lightning Coach



£30

DM us or Email sweatballnetball@gmail.com to book