

Exclusive courses with Netball solutions!

QUALITY • INTEGRITY • VALUE FOR MONEY

Sportisimo-courses is a UNIQUE product compiled by Dr. Elsje Jordaan. The courses are well known for a multi-disciplinary approach where the players' and coaches' heart, mind and body are rejuvenated.

Elsje's in depth knowledge and years of coaching experience, ensures that the courses address not only the *how* of coaching, but more importantly, also the *what* to coach. Her international experience guarantees that coaches are exposed to the latest and modern way of coaching in an ever-changing netball environment.

Sportisimo courses are personal, intense and provides a good balance between on-court and off-court activities. The match-play assist with team selections, a variety of head and heart-sessions are presented and then there is still plenty time for fun, friends and precious memories. This is the IDEAL way to 'kick start' your netball season!



Course Options

Weekend Courses...

Coaching, matches, selections, team building, heart & mind sessions. Presented at Zwartkloof Private Game Reserve or at your school.

Holiday Courses...

Coaching, matches, selections, team building, heart & mind sessions. Presented at Zwartkloof Private Game Reserve.

Midweek Courses...

Exclusive mid-week coaching presented at your school. The course is presented during two midweek, afternoons. These courses total 6-hour of coaching.

Venue...

SPORTISIMO Courses are presented at Zwartkloof Private Game Reserve. Zwartkloof is situated 13-km outside Bela-Bela (Warmbaths), on the R516.

Visit our website www.sportisimo.co.za for more information, photos and an overview of the facilities!

Course Information

INTIMATE CONTACT WITH COACHES AND PLAYERS HOSTED WITHIN THE BEAUTIFULL BUSHVELD IN AN ATMOSPHERE OF WARM HOSPITALITY.

Sportisimo courses include...

- Semi-luxurious accommodation, air conditioning in rooms;
- Bedding and towels supplied to **COACHES ONLY**.
- Legendary meals;
- Exclusive, professional and intensive coaching guaranteed because of limited numbers per course;
- Matches to assist with team selection and to try out new tactics and techniques under pressure.
- Specific coach development sessions;
- Huge indoor facility to ensure training continue in the case of rain.
- Effective physical team building as well as mind-and-heart team sessions;



**"We are extremely proud of our products, because we strive for exclusivity quality, personal attention and value-for-money courses."
- Dr. Elsje Jordaan**



Course Leader...

Sportisimo netball courses are presented by Dr. Elsje Jordaan, owner of Sportisimo as well as the current S.A U/21 and NW Flames Head Coach. Elsje has more than 10-years international coaching experience. She is extremely passionate about coaching and mentoring and has been sharing her passion, experience and knowledge with coaches and players over the past 17-years.

Costs and Dates

Sportisimo **NETBALL WEEKEND** Courses (ZNN)

R 1 430.00 per person (3-days, 2-nights)

ZNN 1 : 7 - 9 February (U/9's Only)	ZNN 5 : 6 - 8 March (High Schools)
ZNN 2 : 14 - 16 February (Exclusive)	ZNN 6 : 13 - 15 March (Primary's)
ZNN 3 : 21 - 23 February (Primary's)	ZNN 7 : 3 - 5 April (Exclusive)
ZNN 4 : 28 - 1 March (Primary's)	ZNN 8 : 17 - 19 April (Exclusive)

* An exclusive course entails that your school can reserve the Sportisimo team and venue for your school only to guarantee intensive and exclusive attention. Contact us for more information and costs.

Sportisimo **NETBALL HOLIDAY** Courses (ZNV)

R 1 430.00 per person 3-days, 2-nights or R 1 960.00 per person for 4-days, 3-nights

ZNV 1 : 20 - 22 March (Primary's)	ZNV 3 : 27 - 30 March (High Schools)
ZNV 2 : 24 - 27 March (High Schools)	ZNV 4 : 1 - 3 May (High Schools)

Sportisimo **NETBALL MIDWEEK** Courses (MW)

R 370.00 per player (2-Afternoons/6-hours)

MW 1 : 4 - 5 February	MW 4 : 25 - 26 February
MW 2 : 11 - 12 February	MW 5 : 3 - 4 March
MW 3 : 18 - 19 February	MW 6 : 10 - 11 March

Terms and Conditions

Courses start on day **1** @ 14:00 and end on Day **3 / 4** @ 11:30.

1 x coach FREE for every 14-players that enter and ATTEND the course.
Maximum of 2 x coaches per team.

Unfortunately, NO bus drivers can be accommodated.
Contact us for alternative accommodation options.

Contact Us

Complete the entry form and submit to info@sportisimo.co.za or fax: 086 514 7744.

For any enquiries contact Elsje @ 082 255 0791 or visit our website, www.sportisimo.co.za for more information, photo's and an overview of our products.