



IS YOUR TEAM UP FOR A CHALLENGE?

Your Committee Challenges Your Team to:



SIT UP AND PLAY

We would like you to submit a short video and send to us, we will then upload to the SNA Facebook page and ask members to vote for their favourite video.

Rules

Each small clip is divided into three parts

Part one - Each player is to catch a ball or anything around your home.

Part two - With your ball do Sit - Ups Maximum 10 seconds (be as creative as you like)

Part three - Throw your ball for another team mate to catch

Once you have your whole teams' clips put them together and send your final video by 15th February to:

Snaleagues15@gmail.com

Be as creative as you like with your videos. Any questions please get in touch

We would love to see our members joining in we are sure you are all missing Netball as much as us.

GOOD LUCK

Many Thanks

SNA Committee

