

UmpireSmart Workshops

Prepare Smart
Warm Up Smart
Move Smart
Train Smart
Treat Injuries Smart
Well-being Smart

Be UmpireSmart!

Umpires with Zone Theory and above

Saturday 21st July 9am-10.45am

North Harbour Netball Centre



Come learn how to look after your wellbeing, prepare yourself for games and tournaments and recover safely.

For more information contact:
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