



Tuesdays
Jul, Aug & Sep 2021



Futures Sports Academy
The Entrance, Central Coast



NDIS funding
+ activity costs

Improve your sporting confidence. These skills are great for both brain and body and will make you a valued player on any team!

CatholicCare's Futures Sports Academy is for young people with mild to moderate intellectual or physical disabilities who are inspired to improve their fitness and learn real sporting skills.

You'll be a valued player in our team games and enjoy the benefits of working on your individual skills in ball sports and outdoor recreation activities. With a wealth of beautiful natural resources here on the Coast, our sports programs make the best of our beaches, parks and ovals. Why not work with our sports staff to set yourself a sporting challenge to be fitter, stronger and faster for the year ahead? There's a place here waiting for you!

BALL SKILLS DEVELOPMENT

DRILLS, COORDINATION & GAME SKILLS

PLUS FUN EXCURSIONS



Topics, Outcomes & Excursions:

FOOTBALL SKILLS & COORDINATION

BASKETBALL FUNDAMENTALS

SOCCER DRILLS & FOOTWORK

TEN PIN BOWLING

CRICKET BASICS

BASKETBALL GAME SKILLS

NETBALL PASSING PRACTICE
& GAME SKILLS

BOXING COORDINATION

SOCCER GAME SKILLS

BAREFOOT BOWLS SOCIAL DAY

COME JOIN US

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