



Tuesdays
Apr, May & Jun 2022



Futures Sports Academy
The Entrance, Central Coast



NDIS funding
+ activity costs

Learn to be a great team mate while working together with friends to achieve your sporting goals.

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!

TEAM SKILLS DEVELOPMENT

LEARN TO BE A GREAT
TEAM MATE
PLUS FUN EXCURSIONS



Topics, Outcomes & Excursions:

BALL GAMES AT THE BEACH

FOOTBALL SKILLS & DRILLS

CRICKET FUNDAMENTALS

TEN PIN BOWLING

BASKETBALL GAME

BOXING FITNESS TEAM CHALLENGE

BAREFOOT BOWLS FUN DAY

NETBALL GAME SKILLS

SOCCER GAME

BASKETBALL COMPETITION

COME JOIN US

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