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# HPNC NEWSLETTER

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## WELCOME TO HPNC

Welcome to HPNC!

Our vision: Lives are enriched through participation in netball.

Our mission: The place where a passion for netball and community come together.

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## HPNC PRE-SEASON TOURNAMENT 6TH APRIL 2024

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To all participating clubs,

A huge thank you for making our pre-season tournament an absolute blast! Your passion, teamwork, and sportsmanship made every moment unforgettable. Here's to a season filled with even more excitement and camaraderie. Cheers to all!

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Canva

# WHATS ON THE AGENDA FOR APRIL?



## Netball Smart

The official injury prevention program of Netball New Zealand

Warming up decreases your risk of injury by 60%, therefore it is very important to do the netball smart warm up each time.

If you need any support with your netball smart warm up or warm down - contact Lydia  
[junior@hpnc.org.nz](mailto:junior@hpnc.org.nz)

## NZ POLICE & NNYAB TOURNAMENT

Calling all netball enthusiasts! Get ready to shoot, pass, and score at the first-ever NZ Netball Police Tournament happening on April 27th. This exciting new event invites players to come together for a day of friendly competition and sportsmanship.

Join us as teams hit the court, showcasing their skills and passion for the game. Whether you're a seasoned netballer or new to the sport, this is your chance to be part of something special.

Mark your calendars and spread the word! Let's make history together on the netball court. See you there!

## NZ POLICE & NNYAB TOURNAMENT REGISTRATIONS



Thank you to our  
sponsors





# HPNC future FERNS Junior Netball program

## Year 1 – 4

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An awesome way to get your youngster  
involved in netball!

HPNC future FERNS – Monday 12th  
February – 8th April (8 weeks)

- \$80

Baverstock Oaks School future FERNS  
– Tuesday 13th February – 19th March  
(6 weeks)

- \$60

For more information and registrations email –  
[junior@hpnc.org.nz](mailto:junior@hpnc.org.nz)



## Club information:

Clubs can send us any information they wish to include in  
our news letter and it will be placed here.