



## End of Season Performance Report 2020

July 2020, Juliet Francis

At the time of reporting the netball community is still unable to play and times have been as difficult for the Academy as much as everyone else in the county. The season came to an abrupt and difficult end in March.

Up until this time the Academy had fielded squads who played in various match plays and tournaments within the county and region. We are always amazed at how keen our athletes are to commit to representing their county with pride and always give 100% when playing in challenging tournaments.

This season brought the start of offering opportunities for players of Years 10, 11 and 12 by forming two U18 squads in the county. This programme was developed to offer higher performance coaching to those players who have not quite reached the level required to be successful in higher performance. We plan to continue these squads next season.

We all enjoy seeing our athletes mature and flourish in the Performance Pathway and we are enormously proud when a number of them are successful in gaining places in Superleague franchises. Here is a list of those who have been selected throughout the season:

Loughborough Lightening  
Mary Barnes (U15)  
Emma Hardiman (U15)  
Lizzi Alli (U15)  
Darcy Cameron (U17)  
Elena Baldry (U17)  
Issy Turnbull (U17)  
Joy Boampong (U17)  
Maisie McPherson (U17)  
Niamh Creedon (U17)  
Lucy Cairney (U17)  
Skye Sands (U17)  
Rachel Taylor (U17)  
Rosie Baxter (U17)  
Alice Bennet (U15)  
Lily Young (U15)  
Lilly McDonald (U15)

The following are in a Mavs franchise from U15

Isobel Harrup  
Zabeetha Idris  
Monica Marino (also part of U15 open squad)  
Emma Steele  
Maddy Brooking

### Thetford Hub & U15 Squad:

Lucy Kay  
Caitlin Hellen  
Lily Costen

Despite the challenges that we have faced during lockdown we have been very conscious of our athletes' physical and mental wellbeing. I am very proud and give grateful thanks to the Academy coaches, our Strength and Conditioning specialist coaches, Holly Peck and Sachel Grant who have contributed in delivering various sessions online to the athletes. We have led three virtual strength and conditioning sessions, Sachel has given a Q and A session focusing on higher performance with the Saracens Mavericks Superleague squads, Holly delivered a very interesting Sports Psychology session and Emma Jones has written several weeks of different netball practices for the athletes to sample. I am pleased to say that we have created these options by some innovative and positive thinking. We are also offering the chance for each squad member to connect with their coaches with a "Talk to the Coaches" zoom session throughout July.

End of Season Awards were presented by virtual sessions and the following athletes have been successful. Congratulations to all the athletes who have received an award.

U13's North

Most Improved Player Kiera Donne

Player of the Year Jemima Mitchell

U13's South

Most improved Player Jenna Whinney

Player of the Year Abbey Holdstock

U15s

Most Improved Player Annie Banks

Player of the Year

U18s North

Most Improved Player Maisie Sylvester

Player of the Year Kiera Mason

U18s South

Most Improved Player Emily Sargeant

Player of the Year Anwen Hails

Finally I would like to offer thanks to Jenni and Stacey who work tirelessly in the background all season ensuring that communications to parents and athletes are sent out and keeping up to date with essential administration. I couldn't do it without them as there would be too much to do! Thanks also go to all the Academy coaches who work so hard and with such passion to deliver netball to young players. They do it because it means so much to them and there is a sense of pride when they see athletes improve in their Pathway journey. Thank you to all the athletes who have worked so hard this season and given so much back to us. Of course none of this would be even possible without the support of parents who taxi their daughters to and from training and tournaments. Sometimes it can be very cold supporting your daughters in the British weather!

Thank you again to all those mentioned and we look forward to a less disruptive season in 2020/2021.