

CAMBRIDGESHIRE SOUTH SATELLITE ACADEMY

SEASON INFORMATION 2017-18

England Netball require each County to run a programme of 15 coaching sessions throughout the year for athletes selected into the Satellite Academy tier of the performance pathway.

In Cambridgeshire the South Satellite coaching sessions are based in the sports hall at Comberton Village College, CB23 7DU, Mondays 5pm – 7pm on a fortnightly basis during term time. The first session is on Monday 4 September 2017 at 5pm.

Athletes in the Satellite Academy will be working towards being selected to go forward into the County Academy programme, which is the next step of the performance pathway towards playing for England. To achieve this will mean a lot of hard work and commitment by you the player, and we the coaches are here to support you all the way. Key to your progress and development is fitness particularly strength and conditioning, as well as netball skills/techniques and game awareness, application and effectiveness.

The standard of netball being played in Cambridgeshire is improving year on year and we are seeing an increasing number of County Academy athletes being selected into the Mavericks Future Academy. Much of this is due to the work County athletes put in outside of the Academy sessions particularly with strength and conditioning. As this is such an essential component of being a performance athlete, we are keen to build on this success and improve this aspect of the programme for both Satellite and County athletes.

The information below is designed to help you prepare in advance of the first session in September.

CALENDAR OF TRAINING DATES (ATTACHED)

A copy of the training calendar schedule is available to download at www.cambscna.org/performance where you will also find the Head Coach contact details. We are pleased to announce that Charlotte Malyon will be Head Coach, assisted by Shelly Ritchie as Assistant Coach. Please keep this information handy as you will need to refer to it during the season.

A copy of the training calendar schedule is also attached with this sheet, together with the contact details for your Head Coach. Please keep this sheet handy as you will need to refer to it throughout the year.

Regional Satellite Match Plays – This is where we bring all Academy athletes together and play matches. Where we can organize it we will invite other local Counties to join us all adding to your competition development, as it is very important to work to apply what you learn into your game play. Match day information will be confirmed to you once they have been organized.

DATA SHEET AND CONSENT FORM

We are required by England Netball to complete a data sheet and consent form that is kept both for our records and submitted to them for monitoring purposes. Please complete and return a scanned copy to netballadmin@cambscna.org by **Friday 1 September at the latest**. The form can be downloaded at www.cambscna.org/performance

COST TO JOIN THE PROGRAMME

Due to financial pressures at a national level England Netball are no longer able to financially subsidise County Performance Programmes so all of the cost of running the Academy this year need to be covered by fees and charges. These fees cover facility hire, netball coaching, the strength and conditioning programme, matchday fees and tournaments.

The fee structure for the forthcoming season will be as follows:

1st year Satellite athletes

The fee for this season is £96, payable in two instalments. Athletes have the option of signing up to the advanced strength and conditioning programme which was piloted in the 2016/17 season. The cost of this programme is an additional £50 per athlete. Please discuss this option with the Head Coach. The specialist sessions are delivered by coaches from Ultimate Sports and Performance <http://ustp-ltd.co.uk/>

2nd year Satellite athletes

The fee for this season is £146, payable in two instalments which includes a £50 registration fee to sign up for the advanced strength and conditioning programme which was piloted in the 2016/17 season. The specialist sessions are delivered by coaches from Ultimate Sports and Performance <http://ustp-ltd.co.uk/>

- The first instalment of £48 is due by 1 September 2017.
- The second instalment of £48 is due by 1 January 2018.

Please note that we do not wish prevent athletes from taking part for affordability reasons. If you are unable to fund the costs associated with the programme, please contact us for a Hardship Fund application form as you may be eligible for a grant.

Payment is to be made by BACS transfer only; we cannot accept cash or cheques.

Please send payment to the following bank details:

Account name: Cambridgeshire County Netball Association

Sort Code: 40-20-38

Account number: 31083821

Reference: Please insert player's full name as the reference to help us identify receipt of payment.

TRAINING SESSIONS

The training will last 2 hours between 5 – 7pm. Athletes need to be signed in and out from the sports hall in order to comply with child protection procedures. Please ensure you advise the lead coach if anyone other than parents will be signing your child in or out. The sessions will be focused on developing netball skills, strength and conditioning, landing and ball skills.

What to wear:

- Sports trainers (not fashion trainers)
- Dark coloured shorts or skirt and County training top or white t-shirt (see details to order kit)
- Warm clothing to arrive in and put on at the end of the session

Bring :

- 1 litre bottle of water or diluted squash and a protein snack to eat after session
- A netball with your name marked on it

FURTHER INFORMATION FOR PARENTS

A copy of this information sheet and all calendars will be available to view online via the Cambridgeshire County Netball Association. <http://www.cambscna.org/performance>

The following link will take you to an overview of the England Performance Pathway on the England Netball website:

<https://www.englandnetball.co.uk/england/performance-pathway/>

[On 18 September parents are invited to join players at 8.20pm for a briefing on the programme and an opportunity to ask the Head Coach any questions.](#)

As it is all coach's preference to talk to parents and players face to face we would ask that if parents during the season do wish to speak to the Head Coaches that they let them know in advance. Often a good time to do this is when the players first arrive and are warming up.

E-mail is used as the main form of communication with parents and players via parent e-mails.

SELECTION/DE-SELECTION POLICY

I would like to draw your attention to this document which can be viewed at www.cambscna.org/performance.

COUNTY TRAINING VESTS & HOODIES

Optional Cambridgeshire Academy kit is available for players. To order, please visit the online shop:-

www.classicsportswear.co.uk

User name: camb

Password: camb1

Size guide

<http://www.classicsportswear.co.uk/page/size-guide/9>

England Netball has also created an extensive kit range for Performance athletes. Please visit their online shop:-

<http://www.englandnetballstore.co.uk/browse/netball-first-clothing-and-accessories/show/594/fulllist>

JOINING A CLUB AND AFFILIATION NUMBERS

Athletes within the Performance Pathway are required to join a netball club and affiliate to England Netball. This provides insurance and other benefits such as discounted tickets to International events. If you are already a member of a netball club you should already know your affiliation number and will need to specify it on your registration form.

If you are not a member of a club you will need to join one over the summer. Please visit the following Cambs CNA webpage to view the list of Clubs in Cambridgeshire.

www.cambscna.org/juniors

As part of joining, you will receive notification of your affiliated number during September / October 2017. Please forward this number to your Lead Coach once received.

INVITATION TO COUNTY TRAINING SESSIONS

Throughout the season your Lead Coach will be invited to send players to the County training sessions. This opportunity will be for those players we believe are near to being ready to make that next step and by attending these sessions will gain experience of what level they are aspiring to. Players for these sessions will be invited by the head Coach during the season, full details being given at the time.

WHAT PLAYERS SHOULD BE DOING BETWEEN NOW AND SEPTEMBER

All players should be keeping themselves fit; this can be done through taking part in any sports activity which does not have to be netball. For those who already have a My Game folder continuing the Ball work, landing skills and fitness activities are important. All players now have a ball so include passing practice either against a wall or with a partner focusing on technique.

HEAD COACH DETAILS

The Head Coach for the South Satellite Academy during 2017/18 is:-

CHARLOTTE MALYON

E-mail: charlotte.malyon@yahoo.co.uk

Mobile: 07500 833225

Please save these details in your phone and let Charlotte know if there are any issues with attendance, illness, injury or any other issues associated with your daughter's training.

We look forward to seeing you in September.