

**CAMBRIDGESHIRE COUNTY ACADEMY
SEASON INFORMATION 2017/8**

England Netball require each County to run a programme of 30 coaching sessions throughout the year for athletes selected into the County Academy tier of the performance pathway.

In Cambridgeshire the County Academy coaching sessions are based in the sports hall at Comberton Village College, **CB23 7DU** every week on alternating Mondays and Tuesdays between 5-7pm during term time. The first session is on Monday 11 September 2017 5 – 7pm.

Athletes in the County Academy will be working towards being selected to go forward into the Mavericks Future Academy, (six are allocated to the East, which is the next step 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

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 welcome new Assistant Coach, Tracey Stimson to the coaching team. Tracey is very active in her own netball club at Royston and has many years of coaching experience. Please keep this information handy as you will need to refer to it during the season.

The sessions take place every week alternate Monday and Tuesdays. On the Tuesdays the Strength & Conditioning coach will work with athletes to develop this aspect of your training.

During the 30 week programme we are intending to play matches against other counties. These dates have not yet been confirmed but we will forward details to you as soon as possible.

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 to netballadmin@cambscna.org by **Friday 1 September at the latest.**

COST TO JOIN THE PROGRAMME

Due to financial pressures at a national level England Netball are no longer able to financially able to 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, match day fees and tournaments.

The fee for this season is £196, payable in two instalments. In addition to this we require 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 £98 is due by 1 September 2017 along with the Strength and Conditioning sign up fee of £50.

- The second instalment of £98 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 be prompt with your payments as there is a lot of time spent chasing up payments throughout the season.

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

When attending the coaching sessions:

What to wear: Sports trainers (not fashion trainers)

Dark coloured shorts or skirt and a 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

My Game folder – new players to the programme will receive information on how to access this at the first session

Bring : 1 litre bottle of water or diluted squash and a protein snack to eat after the 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:

http://www.englandnetball.co.uk/england/England_Performance_Pathway

On Monday 25 September parents are invited to join the players in the Gallery area at 6.30pm 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 Coach 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 Head Coach once received.

Some players throughout the year will be invited to attend one of the Mavericks Future Academies. This will be at the discretion of the County Head Coach who will be selecting players who are possibly ready for the next challenge. These sessions are on Monday evenings in Bedfordshire.

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 with 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 County Academy during 2017/18 is:-

Sarah Lawson
EMAIL: gizzlyandtiger@hotmail.com
Mobile: 07985743811

Please save these details in your phone and let Sarah 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.