



## Cambridgeshire U13 NORTH Player Development Programme

### SEASON INFORMATION 2022 - 2023

England Netball require each County to run a programme of 15 coaching sessions throughout the year for athletes selected into the U13 tier of the England Netball Player Pathway programme.

In Cambridgeshire the U13 North coaching sessions are based in the sports hall Stanground Academy, PE7 3BY on alternate Thursday evenings in term time 6.30-8.30pm. The first session is on Thursday 7<sup>th</sup> October at 6.30pm. **There will be a short parents' meeting after the first session on 3<sup>rd</sup> October at 8.15pm so that the Head Coach can introduce herself and answer any questions.**

Athletes in the U13 North Player Development Programme will be working towards being selected to go forward into the U15 Player Development 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 Player Development Programme athletes being selected into the Saracens Mavericks Player Pathway. Much of this is due to the work athletes put in outside of the Player Development Programmes 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 U13 and U15 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](http://www.cambscna.org/performance) where you will also find the Head Coach contact details. The Head Coach will be Amanda Pigg, assisted by Sally Smith. Please keep this information handy as you will need to refer to it during the season.

**Match Days** – This is where we bring all Player Development Programme athletes together and play matches, adding to your competition development, as it is very important to work to apply what you learn into your game play. These are a mixture of matches and tournaments involving other counties in the East region. We also run an intercounty match session with the north and south Player Development Programmes. Match day information will be confirmed to you during the season.

### **DATA SHEET AND CONSENT FORM**

We will only use your personal data for the purposes of communicating information to you throughout the season and the information will not be passed onto any third party without your prior consent.

Please follow the link below to indicate that your daughter wishes to accept her place into the U13 South squad. Please submit this information by **Saturday 1<sup>st</sup> October 2022**.

<https://forms.gle/2i9wKG5RaBsf1rVu7>

### **COST TO JOIN THE PROGRAMME**

The cost for entry into the Pathway will be £180. The breakdown for these costs is as follows:

- Costs for training venues and coaches' costs.
- Compulsory sign up for the Strength and Conditioning Programme and associated costs for the coach to attend monthly sessions
- Sports Psychology Session

**Full payment of fees should be made by FRIDAY 7<sup>th</sup> OCTOBER 2022. Payment must be received by this date in order that your daughter may participate in the Performance Pathway.**

*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

Bank Name: Lloyds

Sort Code: 30-90-89

Account number: 46227468

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

### **TRAINING SESSIONS**

The training will last 2 hours between 5 and 7pm. Athletes need to be signed out from the sports hall on departure in order to comply with child protection procedures. Please ensure you advise the Head 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 Academy training top or white t-shirt.
- Warm clothing to arrive in and put on at the end of the session.

What to bring:

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

### **FUTHER INFORMATION FOR PARENTS**

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

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

E-mail is used to formally communicate with parents and athletes via the contact e-mail address given in the registration form. Please ensure that you communicate any changes to your contact details as this is required in case of emergency situations and any change in medical conditions such as illness or injury. The email address that you provide us with should be one that is frequently viewed so that important information is not missed.

WHEN CONTACTING US BY EMAIL PLEASE ADD THE ATHLETE'S NAME AND SQUAD IN THE SUBJECT FIELD AS THIS WILL ALLOW US TO FILTER THE EMAIL TO THE CORRECT COACH OR ADMINISTRATOR (eg. Shelly Ritchie U13 North)

We also use Heja APP which connects with the coaches. This is a useful tool for short notice communication. Please sign up by following this link - <https://heja.io/download/LW330734>  
If you need to contact your daughter's Head Coach to report an absence, please use this method.

### **ORDERING ACADEMY TRAINING TOPS & HOODIES**

We are currently changing our supplier and will provide the ordering details over the next few weeks. We will communicate the link for ordering kit and via the Heja APP.

### **SELECTION/DE-SELECTION POLICY**

I would like to draw your attention to this document which can be viewed at [www.cambscna.org/performance](http://www.cambscna.org/performance)

### **JOINING A CLUB AND MEMBERSHIP TO ENGLAND NETBALL**

Athletes within the Performance Pathway are required to join a netball club and become a Member of 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 membership number and will need to specify it on your registration form.

**MEMBERSHIP TO ENGLAND NETBALL** – It is now a parent/carer's responsibility to enrol a junior with England Netball. This must be completed by the first training session in September. Please speak to your daughter's Junior Club Coach if you have any questions about this process.

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

[www.cambscna.org/juniors](http://www.cambscna.org/juniors)

### **INVITATION TO COUNTY TRAINING SESSIONS**

Throughout the season your daughter's Head Coach will be invited to send players to the U15 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.

We look forward to seeing you in October.

*Shelly*

Shelly Ritchie

Cambridgeshire County Player Development Lead

