



CAMBRIDGESHIRE U18 SOUTH ACADEMY

SEASON INFORMATION 2022 - 2023

In Cambridgeshire the U18 South coaching sessions are based in the sports hall Perse Upper School, Hills Road, CB2 8QF on alternate Monday evenings in term time 7.30 – 9.30pm. The first session is on **Monday 31st October**

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

CALENDAR OF TRAINING DATES (ATTACHED)

A copy of the training calendar schedule is attached and also available to download at www.cambscna.org/performance. Please keep this information handy as you will need to refer to it during the season. The Head Coach is Millie Diss, who will be assisted by Shelly Ritchie.

Match Days – We will have U18 fixtures this year, including intercounty matches, you will be advised of the details for these nearer the time.

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 U18 North squad. Please submit this information by **FRIDAY 28th October 2022**.
<https://forms.gle/i4uMBZefUrLFabgw9>

COST TO JOIN THE PROGRAMME

The cost for entry into the Pathway will be £185. The breakdown for these costs is as follows:

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

Full payment of fees should be made by FRIDAY 28th 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 7.30 and 9.30pm. 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, or if you are happy with your daughter to go home on their own. 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.

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

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.

COMMUNICATION WITH ATHLETES AND PARENTS

The main communication we use on a day to day basis is the Heja app, for our team communication & activity planning.

We would like for athletes to take responsibility for their own planning, so we would like both athletes and parents to be able to manage and view the app. In order to facilitate this Athletes should join FIRST, then parents.

Parents when you sign up, request to connect to your athlete as a parent. They will receive a notification to approve you. You should then see the athlete under "Player" and yourself under "Parent" Where parents are connected they will also receive any communications sent to the players. Please ensure player notifications are ON.

Click the link, download the app onto your phone & join Cambs County U18 S

<https://heja.io/download/VS076548>

ORDERING ACADEMY TRAINING TOPS & HOODIES

The supplier for the Academy kit is Serious Sport. Orders can be place online using this link: [***Athletes link***](#) Kit is not mandatory, but we find the training top and hoodies are very popular.

Size guides can either be found under the individual items item or via this link:

<https://serioussport.co.uk/information/size-guide/>

There is an initial discount of 20% available for all orders placed before Sunday 23rd October. Please use discount code **CAMBS20 SELECTION/DE-SELECTION POLICY**

I would like to draw your attention to this document which can be viewed at

www.cambscna.org/performance

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 October. Please speak to your daughter's Junior/ Club Coach if you have any questions about this process.

We look forward to seeing you in October.

Shelly

Shelly Ritchie

Cambs Performance Lead

Training Dates
U18 SOUTH
2022/2023 Season

Session times: Alternate Mondays 7.30 – 9.30pm
Venue: The Perse Upper School Sports Hall, Hills Road,
Cambridge, CB2 8QF

Autumn Term 2022

Monday 31st October
Monday 14th November
Monday 28th November
Monday 12th December

Spring Term 2023

Monday 9th January
Monday 23rd January
Monday 6th February

HALF TERM

Monday 27th February
Monday 13th March
Monday 27th March

Summer Term 2023

Monday 24th April
Monday 8th May

Head Coach: Millie Diss

