

**CAMBRIDGESHIRE COUNTY ACADEMY  
SEASON INFORMATION 2018/19**



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, every week on alternating Mondays and Tuesdays between 5-7pm during term time. The first session is on Monday 3 September.

Athletes in the County Academy will be working towards being selected to go forward into the Regional 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 Regional programme. 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 (view on CCNA website [www.ccna.org/performance](http://www.ccna.org/performance))**

A copy of the training calendar schedule is available at the link above, where you will find the Lead Coach contact details. 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 in term time. On Tuesdays the Strength & Conditioning coach will work with athletes to develop this aspect of your training.

**Match Days** – This is where we bring all Academy 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 organised.

**County Regional Tournament** – during the season there may be the opportunity for the County squads to enter teams into regional tournaments to gain essential match play experience. Details of any tournaments will be notified to you by email as soon as information is available.

**DATA SHEET AND CONSENT FORM**

Please use the following link to complete the online Survey Monkey for our records. PLEASE COMPLETE THIS BY 31 JULY AS IT IS ESSENTIAL THAT WE HAVE THIS INFORMATION BEFORE THE START OF THE SEASON.

<https://www.surveymonkey.co.uk/r/cambridgeacademynetball>

**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 costs 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 the Regional tournaments.

The fee for this season is £210, payable in two instalments if you choose. This includes an enrolment fee of £60 to the Strength and Conditioning Programme.

- The first instalment of £105 is due by 1 September 2018
- The second instalment of £105 is due by 1 January 2019

*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**

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

### **FUTHER INFORMATION FOR PARENTS**

A copy of this information sheet and all calendars will always be available to view online via the Cambridgeshire County Netball Association.

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](http://www.englandnetball.co.uk/england/England_Performance_Pathway)

**On Tuesday 11 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 Lead Coach any questions. The Strength and Conditioning coaches will also be there to give a short presentation of their programme and offer you the chance to ask 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 Lead 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. PLEASE ENSURE THAT THE EMAIL ADDRESS YOU GIVE IS THE PRIMARY CONTACT FOR YOU AND THAT THIS EMAIL ACCOUNT IS CHECKED REGULARLY.

## **COUNTY TRAINING VESTS & HOODIES**

I would advise you to order your daughter's kit in plenty of time before the start of the season as there can sometimes be delays from our suppliers otherwise.

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

[www.classicsportswear.co.uk](http://www.classicsportswear.co.uk)

User name: camb

Password: camb1

Size guide

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

England Netball have 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.

<http://www.cambscna.org/juniors.html>

## **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.

## **LEAD COACH DETAILS**

The lead coach for the County Academy during 2018/19 is:-

Sarah Lawson

EMAIL: [academy@cambscna.org](mailto:academy@cambscna.org)

Mobile: 07985743811

She will be assisted by Tracey Stimson and Nicola White. 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.

*Juliet*

Juliet Francis

Cambs Performance Lead