

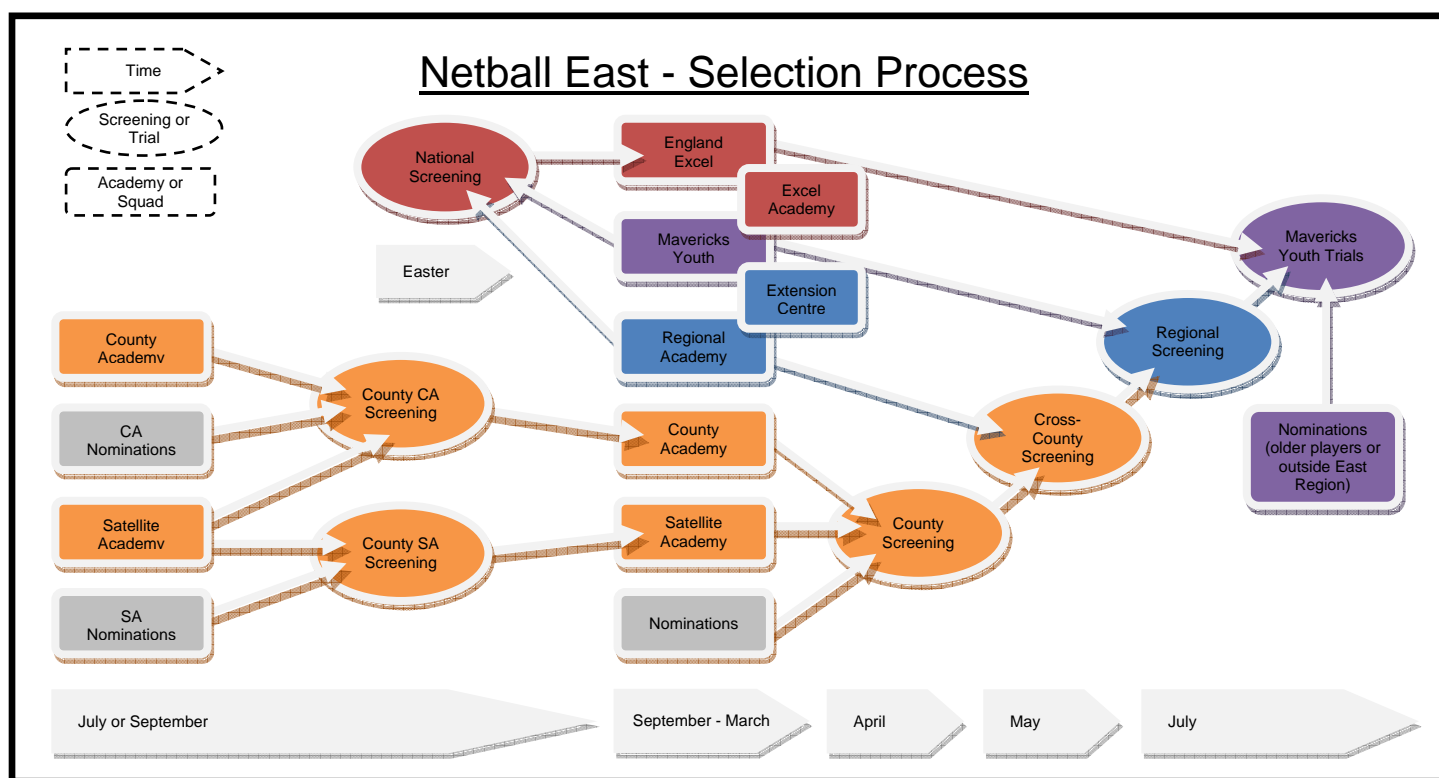
Netball East Regional Screening 2010/11



Dear Netballers & Coaches,

Here are the dates, venues and process for the upcoming 2010/11 Regional Screening process. All players will screen/trial one level below that which they trained/competed in the previous season. "Screening" is when a player is being evaluated to see if they are the right level to train at an Academy (concentrating on individual development). "Trialing" is when a player is trying to gain a place in squad that will compete in a competition. There are other opportunities to be scouted throughout the season but most players gain places in academies and squads through this selection process.

Event	County	Date	Time	Venue
County Screening	Bedfordshire	Monday 22 nd March 2010	6:30 – 8:30pm	Bunyan Centre, Bedford
	Cambridgeshire	Saturday 27 th March 2010	2:00 – 4:00pm	Comberton Village College
	Hertfordshire	Tuesday 30 th March 2010	7:30 – 9:30pm	Stanborough School, Welwyn
	Norfolk Suffolk	Saturday 27 th March 2010	9:30 – 1:00pm	Eaton School, Norfolk
	East Essex & Essex Thurrock	Sunday 21 st March 2010	TBC	TBC
Cross-County Screening North	Bedfordshire, Cambridgeshire, Hertfordshire & Norfolk	Sunday 25 th April 2010	10:00 – 2:00pm	Eaton School, Norfolk
Cross-County Screening South	Suffolk, East Essex & Essex Thurrock	Saturday 24 th April 2010	10:00 – 2:00pm	Colchester Garrison, Essex
Regional Screening	All	Sunday 11 th July 2010	TBC	Herts Sports Village
MY Trials	All + others	Sunday 18 th July 2010	TBC	Herts Sports Village



Before screening or trialing you should understand what you are committing to, speak to a previous academy/squad members/coaches and read any information. Remember that your studies always come first. Being a part of these groups is a fantastic opportunity and the benefits are too long to list but please be aware of a few key things... DO YOU HAVE WHAT IT TAKES?

Academy/Squad	Next Season's Screening/Trial
England Excel 2009/10	Mavericks Youth Trials 2010
Mavericks Youth Squad 2009/10	Regional Screening 2010
Regional Academy 2009/10	Cross-County Screening 2010
County Academy 2009/10	County CA Screening 2010
Satellite Academy 2009/10	County SA/CA Screening 2010

Mavericks Youth Commitments

- Training starts in September/October and runs through to Easter.
- Two training sessions per month held regionally (currently at the Hertfordshire Sports Village, Hatfield on Monday evenings)
- Two technical training sessions per month (either a Regional Extension Centre or Excel Academy)
- Matches at the home venue and all across the country. Each English Region has an NTL squad plus Wales but they do not play Scotland.
- Players have to fund and organise their own travel to and from training sessions and most (if not all) home and away fixtures.
- Train and compete for a suitable level club team. Ideally players at this level should be aiming for Premier League teams or top Regional Senior teams (negotiated depending on age/experience).
- Pay fees on time as there is a cost associated with being part of Mavericks Youth.
- Attend a Regional Academy session as a role model.
- Participate in any franchise events to promote Mavericks or support different things happening within the netball community e.g. act as a role model or coach young players at fun camps.
- Represent Mavericks Youth in their local community and not bring the club into disrepute.
- Complete a strength and conditioning programme (fitness sessions), and write down all training in an online diary called Sport Plan.

Regional Academy Commitments

- Training starts in September/October and runs through to Easter.
- One Regional Academy sessions per month held regionally (currently at the Hertfordshire Sports Village, Hatfield on Sundays)
- Two technical training sessions per month (either a Regional Extension Centre or Excel Academy)
- Players have to fund and organise their own travel to and from training session.
- Train and compete for a suitable level club team. Ideally players at this level should be aiming for top Regional Senior teams, Division 1 or 2 (negotiated depending on age/experience).
- Pay fees on time as there is a cost associated with being part of the Netball East Regional Academy.
- Attend two County Academy sessions as a role model.
- Participate in any regional events to promote Netball East or support different things happening within the netball community.
- Attend an observation session at a Mavericks and Mavericks Youth home fixture (home venue currently the Hertfordshire Sports Village, Hatfield). There may be a cost associated with this.
- Represent Netball East in their local community and not bring the Regional Academy into disrepute.
- Complete a strength and conditioning programme (fitness sessions), and write down all training in an online diary called Sport Plan

Top tips:

- ✓ Players will be expected to play at least 2 positions possibly 3 throughout the screening process. Do not be surprised if you are asked to play out of position.
- ✓ Nobody ever likes feedback when they are unsuccessful and most people think it is wrong but you should try to talk through any comments with a coach or trusted person to learn from the experience.
- ✓ Trialing is an important part of selection for netball and players have to be able to perform at these events. Remember that everybody is just as nervous as you are and nobody is “in” before the start.
- ✓ Most players experience some sort of deselection throughout their career and this is a normal part of developing as a netball player.

Competition Levels & Advice

Level	Approx Age	League/Competition	Local League/Competition (if appropriate)
England Excel	15 – 19	Premier League or Top Senior Regional League	Top Senior Local
Mavericks Youth	14 – 19	Senior Regional League	Top Senior or Senior Local
Regional Academy	13 – 18	Senior Regional or Top Youth/County League	Senior Local
County Academy	13 – 16	Top Youth/County/Regional League	Senior or Youth Local

As soon as the screening/trials are over, you need to check what level you can compete next season. In order to develop your netball it may be necessary to move clubs/teams to compete at the right level. It also may be necessary to stop or reduce playing for school/college teams if you need more time to train or play.

- **Do I have to move?** “Netball Clubs” have lots of teams and there are usually opportunities for players to be moved up or down between these teams that compete at different levels. This may mean moving away from playing with your friends, are you willing to make that sacrifice? “Netball teams”

usually have one squad and are less likely to be able to support talented players as they only compete at one level. "Average" level young players compete in their age groups but "talented" players are frequently asked to play out of age groups in order to help them to develop. Sometimes they are able to combine this with still playing within their age groups but sometimes they have to leave their old teams in order to progress. This is all part of being a netballer and could involve extra travelling and training. It may not be appropriate or possible for players to move and train/play out of age group but most talented players need this extra challenge. A significant number of successful netballers have changed clubs one or more times in their careers to help them progress.

- **I cannot let my coach/team down.** It is not easy but it is also *not* betraying anybody as you have an opportunity to work towards playing internationally. Most people understand this process and they want you to do well but sometimes they do not understand and this is where we can offer some support if it is needed. Be careful who you accept advice from, are they genuinely interested in your development or having you in their team to win a league or competition? People generally feel let down when it seems that things have been going on "behind their backs" as they like to know what is happening, so try to be open and honest with whoever you are dealing with and research fully before you make any decisions. How would you feel if you looked back in 5 years time and thought that you had made the wrong decision? If you leave on good terms then it is easy to go back later on!
- **What is the standard of the training and competition?** Is it possible for you to see them train/play before you commit to joining them? It is the best way to get a feel for the team and how they work. Research Premier and Regional Leagues results on the internet see how many matches they have won/lost and where they are in the league tables. Are they just doing well this season or are they consistently good over a number of years? Is there a reason for any decline (do they need someone in your position)? If they have a website, find out about the level of the coaches and players.
- **What is their training like?** Some teams are in very high leagues but do not train! This is not ideal; you need a club that has a strong coach and a good structure. This means you might go into a second team and build up to playing for their top team. The best thing is to go along and see them train. Ask how often they train and check their fees before you agree to join. They may train once a month, you will hopefully get no less than once every two weeks but ideally a good club trains weekly.
- **Are you likely to get court time?** Teams are sometimes looking for specific positions and so make sure you have a chat with people as you might think there is no space at a club but may not know that somebody is leaving (people can keep quiet if they are moving, injured or having babies). There is a certain amount of weighing up to do if you are going to get any court time as otherwise it *might* be better to play at a lower level club and get more time on court... *However*, if you are going to get 1-2 quarters and then this will build up then this is a good thing as most of you will not be able to step straight into a team and play all of every game. Just because you have got into a County/Regional Academy or Mavericks Youth this does not mean that you are guaranteed anything - as normal you have to earn your place on court. Do not expect them to play you where you want, it is up to you to be the best in that position and get selected for where you want, you cannot demand this in any team.
- **What travelling will it involve?** Regional and Premier training and matches will require time on the road. You have school, college or uni work to think about as well as your netball and so it is important that you have time to study and even to have a little bit of a separate life from netball. Those extra hours can make the difference. The best netballers are amazing at organising their lives. However, if you are looking at a club locally that doesn't train or one further away that does then you have to weigh up whether it is worth playing for the closer team. Check out the post codes of training and match venues and Multimap them against your home post code to give you an idea of travel times. Speak to your parents about traffic hot spots as this can add considerable time onto any journey. Find out whether there are other players from that club living near you as then you can sometimes get lifts.
- **What are the people like?** Some teams/players have reputations and/or you may know them... but just bear in mind that playing against people is very different to being part of their team and any gossip or impressions might be false as this is what they want you to think before you step onto court! Speak to people or get along to a training session to see how they really are.

Please speak to your NDO, coaches or Regional Talent Coach about options and if you are having problems.

For more information contact your Netball Development Officer (NDO) or speak to an Academy Coach.

- Chair of Mavericks, Gloria Keech, gloria.keech@mavericksnetball.co.uk, 07801 858996
- Regional Talent Coach, Jo Munnion, jo.munnion@englandnetball.co.uk, 07525 702636
- Bedfordshire NDO, Alison Brightman, alison.brightman@englandnetball.co.uk, 07884 491516
- Cambridgeshire NDO, Kim Lumley, kim.lumley@englandnetball.co.uk, 07595 863974
- Hertfordshire NDO, Emma Moule, emma.moule@englandnetball.co.uk, 07525 703153
- Norfolk & Suffolk NDO, Donna Sullivan, donna.sullivan@englandnetball.co.uk, 07540 126597
- Essex NDO, Rebecca Jones, rebecca.jones@englandnetball.co.uk, 07545 924991