LANCASHIRE COUNTY NETBALL

www.lancashirenetball.org.uk

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Lancashire County Welcome Pack

Congratulations on your selection to the Lancashire Academy and Centre of Excellence (LACE) for the 2018/19 season.

This documents is intended to provide you with all the relevant information players and parents should need for the forthcoming season but please don't hesitate to contact us if you have any questions that aren't covered. Contact details can be found towards the end of this document.

It is expected that athletes will have a "netball first" mentality prioritising County commitments above others, especially social engagements and club matches/training except by prior agreement from the relevant County Coach/Head of Performance. This requires strong time management skills, especially around busy periods and is a life skill best developed early! Younger athletes may need parental assistance with this.

LACE has a proud history of producing regional, national and Super League athletes including ex England Captain & current Loughborough Director of Netball Sara Bayman, current England players Natalie Haythornthwaite and Eleanor Cardwell and Manchester Thunder stalwart Emma Dovey, to name but a few. Representing the Red Rose County is an honour and we hope that you will make the most of this fantastic opportunity.

Training

Sessions are always on a Thursday at Blackburn College, Feilden St, Blackburn, BB2 1LH and begin at 6.00 p.m. prompt until 8.00 p.m. when athletes should be collected in a timely manner.
A schedule of the training dates can be found in the Appendix at the end of this letter, and although we do not anticipate any changes to this schedule, please do keep an eye on the Lancashire County Netball website (http://www.lancashirenetball.org.uk) in case we find it necessary to make any amendments.

Apologies for absence should be sent to the relevant coach for your age group (see Contact Details) and, where possible, should be sent in advance of the session especially for long standing arrangements i.e. holiday/school commitments. Please note that injured athletes should still attend as there will be technical and tactical elements that they will still benefit from.

Athletes should bring their own ball to training plus plenty of fluid with them to last the full 2 hours, as they will need to rehydrate regularly.

It is expected that athletes in our programme will come to training with a positive mental attitude, a desire to work hard and be ready to learn. Our training is intended to be interactive with athletes questioning what they don't understand and challenging themselves to become "thinking players". Coaches like feedback from athletes as long as it is relevant to the situation!

Training Kit
Kit will be available to order asap. Compulsory items, which must be worn to every training session, are a T-shirt and hoody. We are still organising a supplier and will circulate detail once available. Black or blue leggings, shorts or skorts can be worn. Athletes in possession of previous county kit may continue to wear this.

Please ensure that suitable layers are brought to travel to and from training, especially as the colder months approach.

Finances
Fees for the forthcoming season are £140.

The fees paid cover all training sessions and any fixtures/events that may occur during the season.
All queries regarding finances should be referred to the LCNA Treasurer - see Contact Details.

Fixtures/Events
We do not have confirmed details of the Fixtures at this stage, indicative dates are included below. Although we are usually informed of the dates of fixtures/events well ahead of time, we often are not able to advise of times or locations until much closer to the fixture. This is unfortunately unavoidable and we ask that you remain patient with us while we get confirmation of final details. We will of course email you all the details as soon as we are able, using the contact details you provided at the time of application for trials, or subsequent updates.

We will check availability for all of the above and expect that once this has been confirmed to us then this will not later be reneged upon, unless in exceptional circumstances. Teams are entered into events based on initial responses, so if athletes pull out at a later date it can make it extremely difficult for us to field teams.

Athlete Resources/Information
This year, England Netball has provided online athlete resources, which are available for you to access directly via the link below, or to download. ALL athletes will be expected to be familiar with these resources and following the suggested activities away from the LACE training sessions.
https://www.englandnetball.co.uk/performance-pathway/athlete-rescources/

In turn, we have to provide England Netball with details of athletes in our programme and, therefore, we will need each athlete to complete and return the Athlete Questionnaire document (which will have been sent along with this Welcome letter as an attachment to the email you received) to your allocated coach.

LACE Contact Details
Coach Contact for Under 15

- Abby Chamberlain 07958 042286 or abbypridmore@hotmail.co.uk
- Steph Hastwell 07713 244237 or steph_wignall@live.co.uk
- Polly Logan 07788 631701 or pollylogan@talk21.com

Coach Contact for U13A

- Gill Walker 07966 459452 or gillwalker0111@icloud.com
- Angela Bamber 07850 475693 or angelabamber116@btinternet.com

Coach Contact for U13B

- Nikki Corbett 07949 988456 or nicolacorbett100@icloud.com
- Jess Walton 07760 665188 or xjessicawaltonx@yahoo.co.uk

Head of Performance - Gabrielle Towell 07989 475769 or gabrielle.towell@virgin.net

If you have any queries or concerns then, in the first instance, these should be raised with the relevant coach as detailed above. Should you feel this is not appropriate then please contact our Head of Performance.

LCNA Treasurer - Bonnie Montgomery at bonnie_fnl@hotmail.com

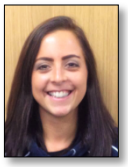
Coaches Profiles
Chairperson – Anne Wignall

Anne is a UKCC Level 2 coach, qualifying in 1999. Anne was awarded the coach of the year award at the Lancashire Sports awards in 2015. She started coaching at club level in Lancashire in 1998, leading an U14 team to become National Clubs winners in 2000. She has coached within the England Performance Pathway for the Lancashire Academy Centre of Excellence for over 12 years.
As a player Anne first represented her county back in 1979 as an U14 player, going on to captain the county at U21 level and then playing at senior level. Anne was also selected for and represented the North West at Regional level at U21 and Senior age groups.
Away from coaching Anne is the Chairperson of Lancashire County Netball.

Head of Performance - Gabrielle Towell

Gabrielle is a UKCC Level 3 coach, the first in England to achieve this, qualifying in 2008 and was awarded England Netball Goalden Globe Coach of the Year in 2012. She started coaching at club level in Lancashire in 2002 and is currently Assistant Manchester Thunder NSL coach. She also coached Manchester Thunder NPL to four consecutive National League titles and coached within the England Performance Pathway for the Lancashire Academy Centre of Excellence and the North West Performance Academy.
As a player Gabs was awarded U21 Player of the Year for Lancashire and captained the Senior Team before injury forced retirement from elite competition.
Away from coaching Gabs is Vice Chair, Head of Performance and County Head Scout for Lancashire County Netball and is a C Award umpire.

U15's Coach – Abby Chamberlain



Abby is a UKCC Level 2 Coach and is part way through completing her UKCC Level 3 Coaching qualification. She started her coaching career whilst at college and was selected for an England Netball Coaching Scholarship during 2009. The scholarship allowed her to complete a number of coaching qualifications, attend a number of coaching camps and gain valuable experience working alongside a number of coaching mentors whilst she studied sport at Leeds Beckett University. She is joining the coaching team at Lancashire County Academy for a third year and alongside this she balances her time as Head Coach at Lancaster University and as Head Coach at a Lancashire club. One of her greatest achievements is her three year unbeaten record coaching Lancaster in the biggest inter-varsity event in Europe.
Aside from coaching netball Abby still trains and plays competitively herself in the North West Premier League (Seniors). She is also a qualified coach and tutor in a variety of other sports including; football, handball, skiing and dance.

U15's Coach – Polly Logan

Polly is a UKCC Level 2 coach, having qualified in 2014. A UKCC Level 1 coach from 2009, she began coaching juniors in Lancashire at a local Leisure Centre and assisted at a club in 2013 where she has since been based. Polly has assisted at and coached within the England Performance Pathway for the Lancashire Academy Centre of Excellence since 2014.
Polly started playing netball at the age of 11 and has represented her University and her County. She has also represented her club in the National Clubs competition. A number of injuries and an increasing interest in coaching has meant that her netball playing days are behind her.

U15's Coach – Steph Hastwell

Steph qualified as a UKCC Level 2 coach in 2013 having coached for many years at a local Lancashire netball club. Steph has many years of experience coaching in primary and secondary schools, at community clubs, colleges and at County level.

As a player Steph played for her local club and town team. She spent 5 years within the County programme to then be further selected for the NW Regional Academy training programme at the age of 15; she attended England Netball National trials at the age of 16.

Steph qualified as a C level umpire in 2009.Due to injury Steph no longer plays at a competitive standard and therefore now invests her time in coaching.

U13s Coach – Angela Bamber

Angela is a Level 2 coach having been recently re-accredited to UKCC standard after gaining her original qualification in 2005. She has coached within the Lancashire Academy and Centre of Excellence for approximately six years covering ages ranges from 12 to 19. Angela has coached netball for 15 years at clubs within Lancashire. She is also a Level C umpire. She teaches sport in a school in Blackburn to children from aged 4 to 18. She is also a level 3 Athletics coach but does not have a great deal of spare time to do that much athletics coaching at the moment.

U13's Coach – Gill Walker

Gill is a Level 2 coach having been recently re-accredited to UKCC standard after gaining her original qualification in 2005.

As a player Gill represented both her County and the NW Region before injury forced an early retirement. She has coached within the Lancashire Academy and Centre of Excellence for approximately ten years covering ages ranges from 12 to 19 and is also an accredited Talent Scout at this level. Away from County Gill coaches at her local Lancashire club from primary though to Open Age and has previously coached at local schools and colleges.

Away from coaching, Gill is a C Level umpire and has served on the local Fylde Netball League Committee in various roles. Having previously served as County Chair and Performance Representative she stepped down from these roles to to focus on coaching at club and County Level. She updates her coaching experience by regularly attending workshops and was recently awarded the NW Unsung Hero of the Year and represented the Region at England Netball's prestigious Goalden Globes Awards.

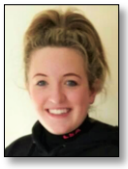
U13s Coach – Nikki Corbett

Nikki is a level 2 coach having qualified in 2009. She qualified as a level 1 coach in 2008 after assisting at her daughters netball sessions. She has been based at the same club since 2008 coaching both junior and senior teams, including 2014 national champions. Nikki joined the England performance pathway with Lancashire Academy last year, as an assistant coach in the u14 age group.

Nikki started playing netball at 9yrs old and represented various teams across the county and moved into playing for a club and playing at club championships. She represented Lancashire Police netball squad, winning the National title against other forces in Great Britain and Northern Ireland.

Injuries and a new hip have meant playing is now not possible and she is concentrating on her coaching role.

U13's Coach – Jessica Walton



Jessica is a UKCC Level 2 coach, qualifying in 2015 and has coached a wide variety of age groups from under 8s to adults. She started coaching at a Lancashire club in 2014 and is a player at the same club, being a member of the Senior squad playing in the North West Championship league.

Jess captained both her club team and the Lancashire U16 Academy team. Jess has also achieved her C umpiring qualification. Away from coaching Jess is Manager for a sports complex and has, in previous years, competed for the England show jumping team coming in 1st place position.

Currently she is undertaking her degree.

Treasurer – Bonnie Montgomery

Bonnie is a Level 1 Coach delivering sessions regularly at the Primary School where she works and coaching at a Lancashire club. As a player Bonnie represented the Isle of Man before moving to Lancashire where she has immersed herself in her local league and the County in the role of Treasurer.

Bonnie is also a Level B umpire, umpiring regularly in the North West Premier League and at County Fixtures. She also mentors umpires within the County as an accredited tutor and has passed her written A paper.

We hope you've found this document useful but, as mentioned earlier, should you have any queries not covered here then please do let us know.

Wishing you the very best for the forthcoming season.

Appendix – Training Schedule 2018-2019

Date	Hall 1	Hall 2
08/11/2018	U13	U13
15/11/2018	U15	U13A
22/11/2018	U15	U13B
29/11/2018	U13A	U13B
06/12/2018	U15	U13A
13/12/2018	U15	U13B
20/12/2018	CHRISTMAS	CHRISTMAS
27/12/2018	CHRISTMAS	CHRISTMAS
03/01/2019	CHRISTMAS	CHRISTMAS
10/01/2019	U13A	U13B
17/01/2019	U15	U13A
24/01/2019	U15	U13B
31/01/2019	U13A	U13B
07/02/2019	U15	U13A
14/02/2019	U15	U13B
21/02/2019	HALF TERM	HALF TERM
28/02/2019	U13A	U13B
07/03/2019	U15	U13A
14/03/2019	U15	U13B
21/03/2019	U13A	U13B
28/03/2019	U15	U13A
04/04/2019	U15	U13B
11/04/2019	EASTER	EASTER
18/04/2019	EASTER	EASTER
25/04/2019	U13A	U13B
02/05/2019	U15	U13A
09/05/2019	U15	U13B
16/05/2019	TBC	TBC

Play Dates – TBC

- Sunday - 18th November
- Saturday or Sunday -19th or 20th January
- Saturday or Sunday -9th or 10th March
- Saturday - 15th June