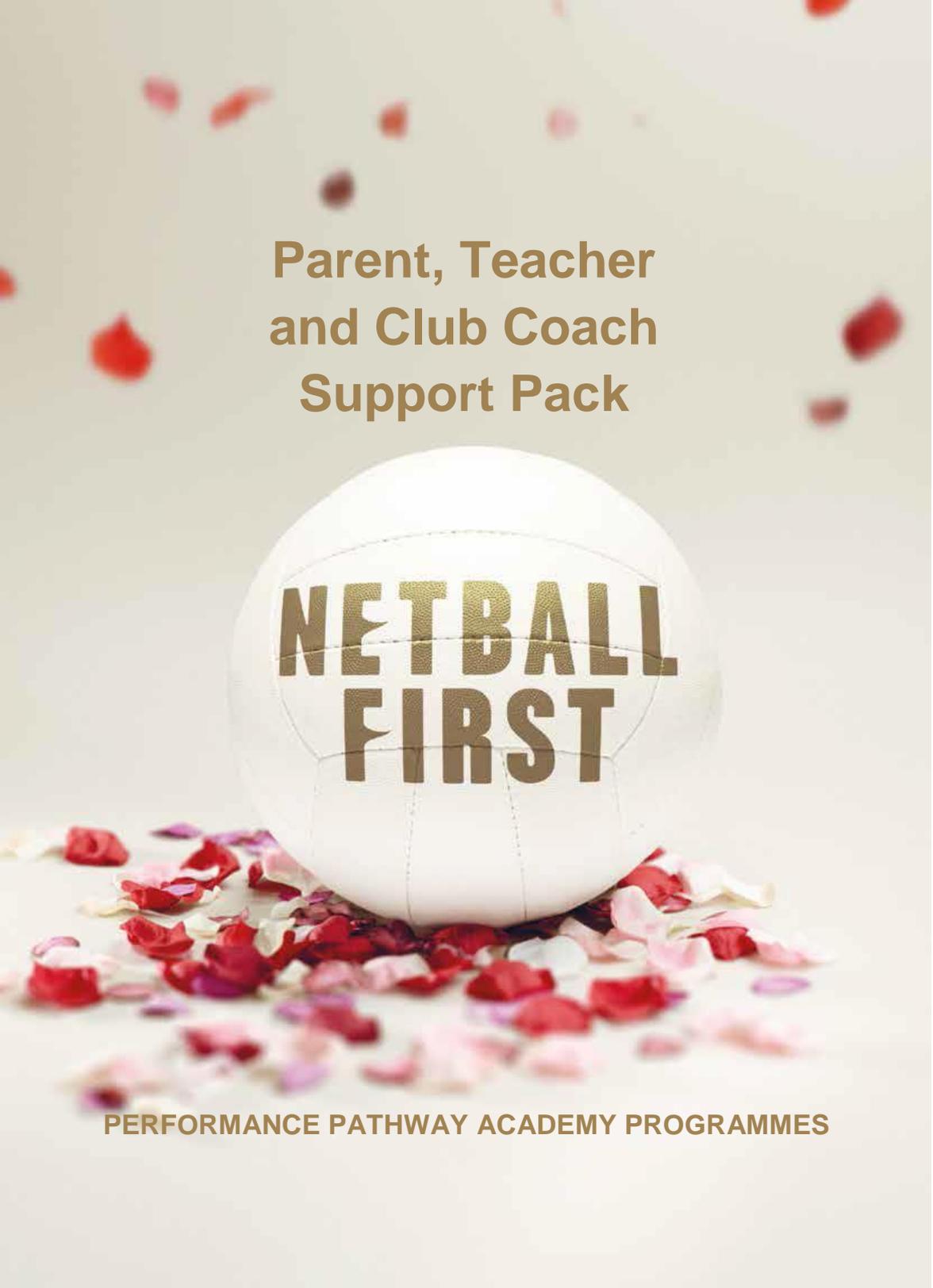


**Parent, Teacher
and Club Coach
Support Pack**

A white netball is the central focus, resting on a bed of red and pink rose petals. The netball has the words "NETBALL" and "FIRST" printed on it in a bold, gold-colored font. The background is a soft, light beige color with more rose petals scattered throughout, creating a romantic and celebratory atmosphere.

**NETBALL
FIRST**

PERFORMANCE PATHWAY ACADEMY PROGRAMMES

WELCOME!

Welcome to the England Netball Performance Pathway Academy Programmes Parent, Teacher and Club Coach Support Pack. The purpose of this booklet is to provide you with information on the Performance Pathway and advice on the guidance and support you can provide your daughter to enable her to progress along the Pathway.

The booklet has been predominantly divided into sections by your roles, providing you with the support and advice most relevant to you, however you may find it useful to read through each of the sections to get an idea of the full picture of how an athlete's support network should operate.

Parents, once you have had the opportunity to read and understand the information included, please make sure this booklet is shared with your daughter's Club Coach and relevant teachers.

THE PERFORMANCE PATHWAY

The England Netball Performance Pathway is a vital part of improving the standard of competitive netball played in England. This will ultimately help us to become World Netball Champions and dominate netball on the world stage.

Currently, there are approximately 3,500 athletes on the England Performance Pathway. Roughly 500 of these athletes are in Regional Performance Academies and Regional Academies, nearly 1,000 are in County Academies and just over 2,000 are part of a Satellite Academy.

The Performance Pathway Academies provide athletes with a unique, individualised, performance training environment. Athletes specifically attend the Academies to learn, train and prepare for the next level of the Performance Pathway and, for a future career as an England player. Obviously not all will make it, but the skills they learn along the way will help them endlessly in whatever level of netball they end up playing and will provide them with many life skills too!

The Performance Pathway places far greater demand on our young athletes than the previous system. Even in the lowest reaches of the Performance Pathway, athletes are asked to commit to a greater number of sessions each year and complete work outside of their Academies too. However, this is what it will take if we are serious about becoming World Champions and if our athletes are serious about their ambitions to be a part of it.



PARENTS





ACADEMY PARENTS

Congratulations and thank you for getting your daughter this far! Now that your daughter has been selected to be a part of the England Netball Performance Pathway, it is important that you encourage her to manage her lifestyle well in order to cope with the increased demands on her time. You may need to support your daughter in making informed decisions and planning ahead to help her achieve success in all aspects of her life.

Phoebe Gillen – East Regional Academy

I am so grateful to my parents for all the support they offer me, they give up so much of their time to make sure I get to all my early morning and evening training sessions as well as fitting in school in between! They spend endless hours in the car and are always up for those early mornings – I can't say thank you enough!

How can you prepare your daughter NOW to help her LATER?

While doing things for your daughter may seem quicker and easier now, teaching and coaching her on how to do it herself is invaluable for her future as an elite athlete.



Your daughter will need to develop the following skills to support her performance:

TIME MANAGEMENT & PERSONAL ORGANISATION

Encourage the use of a diary/wall planner to ensure your daughter is aware of training and competition, school, work and social commitments well ahead of time. If travel is required, make sure time is allowed for this too.

Encourage her to think ahead – will some periods of the year be busier than others? E.g. exam time, holidays, during competition season etc.

Start thinking about the essential things you currently do for her and encourage her to learn and adopt these for herself for when you aren't there! E.g.

- Managing diary/schedules.
- Getting to places on time and mode of transport
- Kit (ordering/washing).
- Planning rest/time off.
- Communicating with coaches etc.

MANAGING FINANCES

Encourage your daughter to find a way to easily monitor her spending, whether this is by spending on a card or using online apps or monitoring to keep track.

Encourage the set up of two bank accounts; consider one for income to go into and bills etc. to come out of and one with a spending allowance.

Encourage her to regularly check her balance.

Encourage her to keep a record of any of her expenditure on her sport.

Encourage balancing income and expenditure.

COMMUNICATION

Your daughter will need to communicate with many different groups of people (coaches, teachers, support staff, employers) to ensure that everyone is aware of her commitments.

Make sure she learns to do this herself, using appropriate methods of communication dependent on the situation. The table below demonstrates examples of this:

Call	Email	Text
Complicated	Lots of detail	In reply to something straightforward
Controversial	Trying to find dates	Reminders
Conflict	When you need a record of the conversation	Updates to thread
Confusion		Friends/family
Misconstrued		

I am being completely honest when I say I don't know where Kadeen and I would be without the support of our mother. She has been our absolute rock since the beginning; taking us to training, matches, England camps and even the airports. Travel was always the hardest thing but no matter how far across the country we had to go, my mum was there until we were mature enough to travel ourselves. I thank her so much because we wouldn't be where we are today without her support.

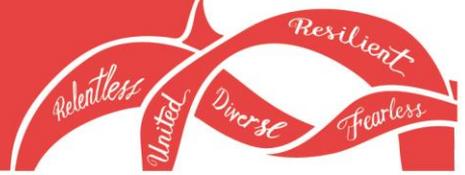
Sasha Corbin – England Senior Squad



Kadeen

Sasha

**Violet
(Mum)**



As an extremely active athlete, your daughter requires more sleep than the average teenager. Sleep allows time for her body to recover and to process and consolidate the new skills that she is learning. Research shows that in order to achieve this, she should be aiming to achieve 8-10 hours sleep a day.

With the late night and early morning training commitments your daughter has, you are probably thinking that this will be difficult to achieve and, on some days it probably will be. Below, we have listed some ways in which you can help her to sleep better and for longer, so she can best reach her full potential:

- Power naps of just 20 minutes can help boost alertness and improve motor performance. Some athletes have been allowed access to quiet rooms at school/college in order to have a power nap during breaks or lunch.
- Keep a pillow / eye mask / earplugs in the car – making it more comfortable will encourage naps in the car, which can be extremely beneficial.
- Ensure she has a reliable and easy to use alarm clock.
- Encourage her to do her academic work away from her bed, or better still, away from her bedroom. The associated stresses of studying do not go away when it's time for bed and can cause disruption to sleep.
- Practicing relaxation techniques before bed can help relax the body and prepare the mind for sleep:
 1. Close your eyes and take deep slow breaths, try to make each breath even longer than the last one.





2. Starting with your toes, tense the muscles as tightly as you can, then completely relax. Move up the body to your head completing the same task with each muscle group.





“An adequate diet is one of the most important elements for enhancing the training and performance of athletes.”

WHAT FOODS SHOULD BE EATEN AROUND TRAINING AND MATCHES?

Before Training and Competition

- A carbohydrate rich meal or snack should be eaten 2-3 hours before any intense training or competition. E.g. rice, pasta, potatoes, porridge.
- A smaller snack such as a banana with peanut butter or some fruit and yoghurt to be eaten 1 hour before training or competition.
- Avoid fatty foods as they take the longest to leave the stomach and therefore may cause discomfort when exercising.
- If your daughter struggles to eat well before exercise, or it is causing her to feel sick, then avoid solid foods and instead try a fluid based meal such as milk, yoghurt or smoothie.





During Training or Competition

- Sports drinks which contain some carbohydrates are beneficial during matches to provide fuel and hydrate
- If prefer to eat something at half time ideal snacks would be; bananas, rice crackers, cereal bars or dried fruit
- Ensure drink plenty of fluid. Water is a good choice, but not always the best choice for athletes. Look for drinks which contain salt and electrolytes as these help your body retain the fluid you drink

Post Training or Competition

In order to promote a rapid recovery, it is important that refuelling takes place as soon as possible after training and competition (ideally within the first 30 mins). Look to take in both carbohydrates but and also protein (aiming for 20g of protein). The easiest is to use milk based recovery drinks or smoothies for an easy to digest initially post training/match.

Ideas to eat post training which can help to do this are:

- Milk, milkshakes, meal replacement drinks and recovery drinks (especially if your daughter doesn't feel like eating solid food straight after exercise).
- Seed/nut based cereal bars.
- Sandwiches, bagels or rolls e.g. ham, cheese, tuna, honey, banana.

Then look to have a meal rich in 1/3 carbohydrates, 1/3 protein and 1/3 vegetables within 3-4 hours,

.





The link below will take you to a great website which can provide some great meal ideas for athletes:

www.thefoodchampions.co.uk

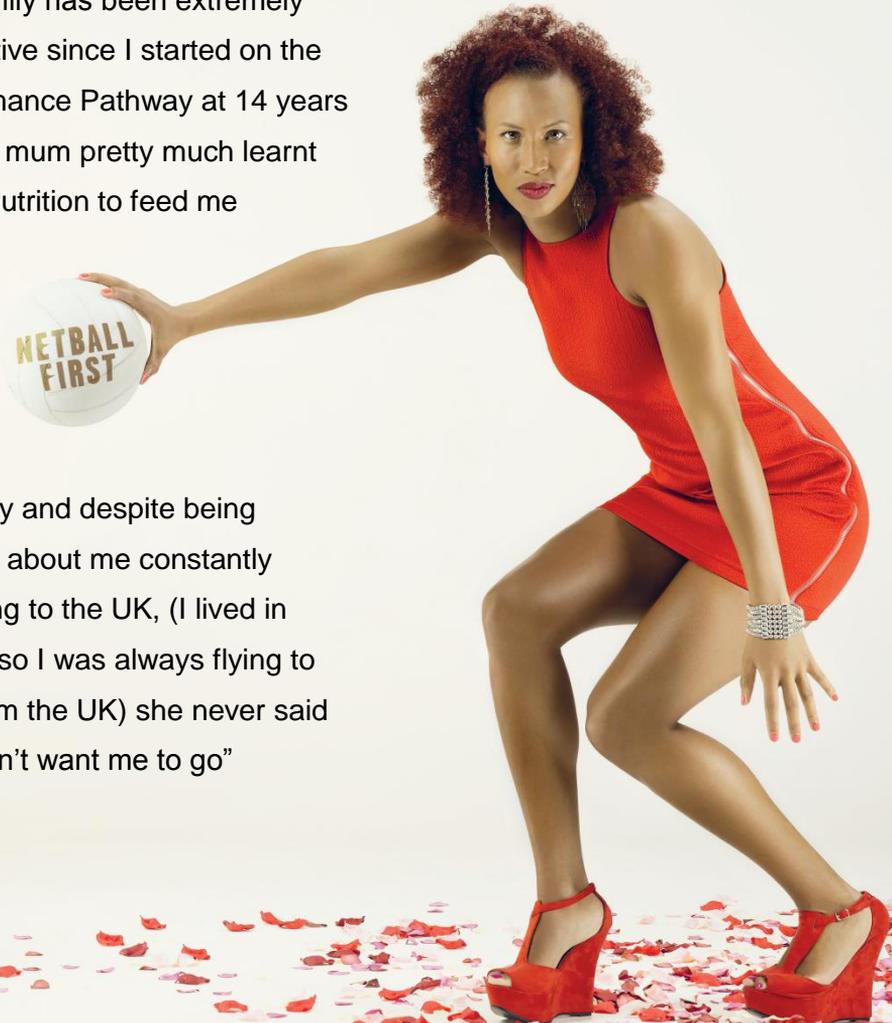




Serena Guthrie

“My family has been extremely supportive since I started on the Performance Pathway at 14 years old. My mum pretty much learnt about nutrition to feed me

correctly and despite being worried about me constantly travelling to the UK, (I lived in Jersey so I was always flying to and from the UK) she never said she didn't want me to go”





EDUCATION

It will be crucial for your daughter to be able to balance her education with the demands of her netball training and competition, alongside her other commitments. Encourage her to talk to her teachers about how serious her netball commitment is and what it involves and utilise a personal planner to assist organising her time and commitments.





SOCIAL MEDIA

This may seem irrelevant to our younger athletes in the Performance Pathway, but we are now living in a generation of social media addicts! Anything put on the Internet can sometimes stay there forever – even if you think it has been deleted.

Encourage responsible use of sites such as Twitter and Facebook. The whole world can see everything an athlete says on Twitter and it can have incredibly damaging and long lasting results. Athletes have lost sponsors, been sent home from Olympic Games and even arrested for things they have posted online via social media sites.

Everything an athlete does or says online is representing herself, her sport, her club, her school and England Netball. Every athlete should take this seriously and prepare for the future, when her profile could be much bigger!



FINANCIAL SUPPORT FOR YOUR DAUGHTER



We do recognise that the costs associated with your daughter's attachment to an England Netball Performance Pathway Academy are high and at times this can place a strain on you as parents.

If this is the case, there are a number of different funding opportunities available to you, which you may like to investigate:

- **County Netball Association (CNA)** – Most CNA's have bursaries available, which can be applied for on an individual basis. Contact your County Chair or County Netball Development Officer to find out more.
- **Regional Management Board (RMB)** – In the same way, each RMB has bursaries available that can be applied for. If you are not aware of who the Regional Chair is in your area, then contact your local Netball Development Officer or Regional Coordinator.
- **County Sports Partnership (CSP)** – Your CSP will be able to provide you with information on any other funding that is available in your area or nationwide schemes.



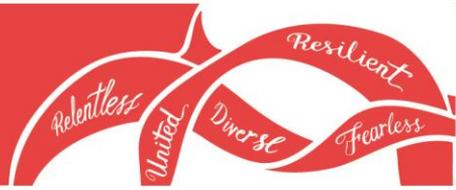
SETBACKS AND INJURIES



Every athlete on the Performance Pathway is likely to suffer setbacks and injuries along the way – in fact it would be unusual if they didn't! It's unfortunately all part and parcel of performing at a higher level.

Lots of our current England Senior and National Academy athletes have had a number of unsuccessful trials along the way, as well as their share of injuries.





Netball is a sport with an intrinsic high risk of injury. The most common injuries we see are to the ankle and the knee and normally involve ligament damage.

What to do if your daughter sustains an injury?

If your daughter picks up an injury at netball it is important to get it assessed and treated. Physiotherapists can assess injuries and provide exercises and advice. Physiotherapists work in the NHS and your GP will be able to refer your daughter to be seen by one.

If your daughter is unable to do any of the following, she should go to A&E to be checked out:

- Unable to weight bear on her leg.
- Swelling that happens immediately especially in the knee.
- Inability to move the joint through the same range of movement as the other side.
- Pins and needles or numbness in the body part.
- It looks funny or pointing in the wrong direction (usually fingers).

Using ice is a good way to manage injuries and help with swelling and pain.





ICE APPLICATION

Make sure there is no broken skin and your daughter can feel the body part where the ice will be applied.

Use ice cubes in a bag and wrap it in a damp hand or tea towel.

Apply the ice for 15 minutes with the body part elevated (resting off the floor).

Repeat this every 2 hours for the first 3 days and then every 4 hours for the next 7 days.

Athletes should never return to playing or training without fully rehabilitating after injury, as this can lead to longer term, more serious problems. If you are in any doubt about your daughter's ability to return to training, then speak to her Academy Coach or Club Coach. Details of the 'Return to Training Test' which your daughter should carry out are detailed in the **COACH** section.

Medical/Health Insurance

Although services such as physiotherapy are available through the NHS, there are often lengthy waiting lists. Waiting for treatment of an injury will hinder your daughter's recovery and delay her return to the sport.



If your daughter doesn't already have a medical insurance policy, it may be worth considering taking out a policy that is suitable for her, providing her with access to private medical care as and when she needs it.





CLUB COACHES





CLUB COACHES

Firstly, congratulations on having one (or more) of your athletes selected into a Performance Pathway Academy, this is a great achievement for the athlete and you and your club!

As a coach you probably find yourself fulfilling multiple roles for your Performance Pathway athletes that aren't in the job description of a club coach; mentor, physio, parent, friend, counsellor etc.

These guidelines are not designed to ask you to do more than you already do, but to give you some tips and guidance on how to best manage your high performing athlete/s and help you to do it in line with 'best practice'.

INDEPENDENCE

It is important that Performance Athletes learn to manage their busy lives as young as possible. Lifestyle management works best when it is driven by the athlete, when they are talking through their options and challenges, but ultimately making their own decisions; the athlete should always be the one 'doing'.

For example: if an athlete comes to you and tells you on a Friday that she has an issue with transport arrangements for a tournament the next day. It might seem easier to call around other parents and players to try to arrange a lift for her – or even pick her up yourself! This will certainly help the athlete's immediate issue, but what has she learnt? And what will she do next time? Probably come back to you for help!





Instead, ask the player how she can resolve this and encourage her to do this as soon as possible. Now you are giving the athlete far more than a 'one-off quick fix'.

The athlete will have understood what needs to be done, she will have communicated with relevant parties, she will have negotiated a solution, she will have had ownership over the entire process and will hopefully feel a sense of achievement and independence through doing this.

ASKING FOR HELP

There will be times that an athlete will need to seek some help however and asking for help is a key skill that athletes need to have. They will struggle at many points in their netball careers for many different reasons. If they are afraid to ask for help, these things may build up and get progressively worse and you will probably notice a dip in performance. If the athlete is comfortable to speak up before they stop coping, it may be possible to 'nip in the bud' any issues before they worsen.

Try to encourage open, honest communication at all times. Even if an athlete's communication or manner isn't ideal in the first instance, try to reward their addressing of an issue and openness before challenging their behaviour. The key is to make an attempt to share a problem a pleasant experience that they will repeat.



SOCIAL MEDIA

This section may seem irrelevant to younger athletes but we are now living in a generation of social media addicts! Information put on the Internet can sometimes stay there forever – even if you think it has been deleted.

Encourage responsible use of sites such as Twitter and Facebook. The whole world can see everything an athlete says on Twitter and it can have incredibly damaging and long lasting results. Athletes have lost sponsors, been sent home from Olympic Games and even arrested for things they have posted online via social media sites.

Everything an athlete does or says online is representing themselves, their sport, their club, their school and England Netball. They should take this seriously and prepare for the future when their profile could be much bigger!



For more information visit the link below to view our Social Media Guidance and Policy Information.

http://www.englandnetball.co.uk/make-the-game/safeguarding/Club_Safeguarding_Resources/Social-Media-Good-Practice-Guide

INJURIES AND RETURNING TO TRAINING



Netball is a sport with a high risk of injury. The most common injuries we see are to the knee and the ankle and usually involve ligament damage.

As coaches, it can be challenging to support athletes to return to training and match play as you are often reliant on what the athlete tells you. In order to provide athletes and coaches with feedback about when it is safe to return to training, some form of testing should be completed in conjunction with a coaching review of the athlete's technical and tactical skills.

RETURN TO TRAINING TESTING

This should be considered when the athlete has:

- No pain or swelling
- Full movement
- Full strength (able to complete normal activities without restrictions, is able to jump and land on the spot with no hesitancy on two legs and one leg).

An example of a return to training test is the Hop Test:

HOP TEST

EQUIPMENT NEEDED

- Floor space preferably court
- Tape measure (10m)
- Partner to measure



Relentless

United

Diverse

Resilient

Fearless

HOP TEST PROCESS

- Place the tape measure from a line and pull it out to 6 metres.
- The athlete starts with their toe level with the tape measure.
- Hop forwards once and land as far as they can, but keeping their balance and hold for 3 seconds.
- Measure the distance to the back of the heel.
- Repeat 4 times on each leg.

If an athlete cannot do this for each leg, they are not ready to return to training or match play. Be firm with your athletes; returning from injury too early can lead to far greater, longer term issues and injuries.



As we know, the England Performance Pathway Academies do not produce squads or teams, but are for individual athlete development. It is important that Academy athletes access competition outside of the Performance Pathway through club and school, in order to gain everything that athletes require for complete development. This should be seen as a partnership and should there be a clash of events, it is important that planning has occurred and there is communication between Club Coaches and Academy Coaches to consider what is best for each individual athlete, at that moment in time.

This type of communication is not only important at times of 'schedule clashes', but is vital all year round. Everyone inputting into the development of an athlete needs to be saying the same thing and reinforcing the same messages to avoid pulling in different directions and confusing the athlete. If you haven't already, please drop an email or phone call to the Academy Coach in your County/Region to arrange a convenient method of communicating...perhaps a monthly email update?

THREE LEVELS OF COMPETITION

Ideally, all athletes should be accessing three levels of competition, each offering them a different standard of play;

The **first level** should be a relatively easy standard of play. The athlete will most likely be the best in the group and will probably hold a position of leadership, such as captain. This level of competition is usually accessed through school netball.





The **second level** is the right level for the athlete's current abilities, where they should be at a similar standard to their peers. This is likely to be some form of club netball, possibly County or Regional League standard.

The **third level** should be higher than that of the athlete's current playing standard. Usually they will be one of the younger members of the squad and spend a fair amount of time on the bench. This level of play offers athletes the opportunity to challenge themselves and learn from the more experienced players around them. This could be accessed via the Netball Superleague, Netball Performance League, or Regional League, or it may be through British University or College Competition.

PROGRESSION vs. POSSESSION

Athletes may not be able to access all of these opportunities at your club and it is crucial for their development that athletes are not seen as the property of an individual team or club. If it could be beneficial for them, Academy athletes should be encouraged to play for more than one club in order





to progress, or there may even come a time when they will need to move to a different club.

Recognise the role that you and your club has played in their development and, if the time is right, support them with their options and their decision to move on. **All** Performance Athletes will reach this point in their career at some point, but very few forget where it all started!

PARTNERSHIP DEVELOPMENT

ATTENDING ACADEMY SESSIONS

Why not drop in on one of your local County Academy, Regional Academy or Regional Performance Academy sessions and watch some of the coaches in action with Performance Pathway Athletes. You could also use the opportunity to build a relationship with the Academy Coach for the benefit of your players too.

IDENTIFYING POTENTIAL

If you have other girls at your club who you believe have the potential to be a part of the Performance Pathway, please get in contact with your County Netball Association or County Head Scout, who will be able to advise you of the screening process in your area.

For further information please follow the link below;

<https://www.englandnetball.co.uk/england/performance-pathway/trained-identifiers/>





TEACHERS





TEACHERS

Firstly, we would like to express our thanks for the support you have offered your athletes so far, I am sure they value this very much.

We hope that your school/college is excited and proud to have such high performing athletes in your institution.

England Performance Pathway Athletes are required to attend Academy training sessions on top of their school and club netballing commitments. This can range from a couple of hours to ten hours a week at their Academy, plus lots of self-led training too! These sessions may take place before and after school and in many circumstances will require travel each time too.

It is an exciting time for England Netball and netball in England as we turn up the heat on our 2019 World Cup ambition. We recognise that we are asking for a high level of commitment from our athletes in the Performance Pathway, but if they are serious about realising their ambitions, then this will be crucial to success.

Encouraging and supporting athletes to work towards their goals can open up a vast amount of opportunities to them; representing their country at a sport they love, access to top coaches / and sports science specialists, travelling the world and learning valuable life skills.

The commitment level required between the different stages of the Performance Pathway varies significantly. If you have a moment, sit down and ask your athlete/s about their weekly training and match commitments. This will encourage good, open communication and hopefully enable them to come to you with any problems they may have in the future, particularly with managing time and heavy workloads.



Hayley Smith East Regional Academy:

In order to attend my early morning Thursday training session each week, my school allowed me to miss the first lesson of the day. I really appreciated them supporting me in this way and I always made sure I caught up on the work that I had missed.

FRIENDS

Encourage athletes to help their non-sporting friends to understand their netball commitments and to share their goals with them. Friends are usually very excited and proud, but sometimes find it difficult to understand when a player can't drop everything for a party or a social event when it doesn't work with their netball commitments.

Setting expectations ahead of time helps. Young players tend to avoid answering when they feel they are letting someone down, but in the long run this is often far worse than responding with a 'no' ahead of time. This can cause a young athlete unnecessary worry and concern. You can help to ease this by encouraging the athlete to maintain good and open communication with yourself and their peers.

Phoebe Gillen – East Regional Academy

My teachers are very supportive of my netball commitments, which is great as I feel I can go to them if I have problems with my workload and deadlines. My P.E teachers have been especially supportive; letting me use the gym to complete Strength and Conditioning sessions during P.E lessons or letting me use the time to do my GCSE coursework.

IDENTIFYING POTENTIAL

If you have other girls at your school who you believe have the potential to be a part of the Performance Pathway, please get in contact with your County Netball Association or County Head Scout, who will be able to advise you of the screening process.

Please also see further information by following the link below;

<https://www.englandnetball.co.uk/england/performance-pathway/trained-identifiers/>



SAFEGUARDING





“Safeguarding is Everyone’s Responsibility”

A YOUNG PERSON’S GUIDE TO STAYING SAFE IN NETBALL

Please find below information provided to athletes on how to stay safe in Netball:

During your training and at competition, something is wrong if someone (including your coach, umpires, other players or people watching):

- *constantly teases you, shouts at you or calls you names*
- *threatens, hits, kicks or punches you*
- *touches you inappropriately or does anything in a way that makes you feel uncomfortable*
- *makes suggestive remarks or tries to pressurise you into sexual activity*
- *damages or steals your belongings*
- *deliberately makes you feel embarrassed, unhappy, lonely, unsafe or hurt*



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Resilient

Fearless

What an athlete should do if they feel worried, upset or uncomfortable about something

- *Speak to the person in charge (e.g. the Team Manager or Head Coach)*
- *If this is not possible, tell parents or carers, or the EN Lead Child Protection Officer or an adult you trust. If this is difficult ask a friend to speak to an adult for you.*
- *If you feel in any immediate danger, get away from the situation quickly, go to a public place to find help or call the police (999)*

CHILDLINE

There is a free 24 hour confidential helpline a young person can call for help, called ChildLine. They or you can call them for free on 0800 1111. Keep trying if you don't get through straight away.

Our young netballers are encouraged to Be Safe in Netball with the following messages:

- *If something is worrying you, tell someone you trust, so they can help you*
- *Avoid being alone with an adult (other than parent / carer)*
- *If your parents or carers can't take you to a match or training, travel with a friend, and avoid travelling in an adult's car by yourself. Always make sure your parents or carers know what your travel arrangements are*
- *Avoid going into an adult's home (other than parents' or carers') by yourself*



- *Carry a mobile phone with you, and make sure you have enough credit. Alternatively, carry a phone card or some spare change so you can make a call if you need to*

BE SAFE CARDS

Be Safe Cards contain useful contact numbers and information on keeping safe in netball. If you require copies for your players please contact the Safeguarding Co-ordinator:

besafe@englandnetball.co.uk

SAFEGUARDING AND PROTECTING YOUNG PEOPLE IN NETBALL

England Netball is firmly committed to creating and maintaining a safe and positive environment for all young people to play netball. It accepts its responsibility to safeguard the welfare of all young people and protect them from poor practice, abuse and bullying.

With this in mind, England Netball has developed a Safeguarding and Protecting Young People in Netball Policy, Procedures and Guidelines that applies to all individuals involved in a paid or voluntary capacity in Netball.

For Policies, Procedures and Guidelines please visit:

www.englandnetball.co.uk/safeguarding/





ANTI-BULLYING

Bullying can be an issue in all walks of life and netball is no different. Young people have described bullying as:

- being called names
- being teased
- being hit, pushed, pulled, pinched, or kicked
- having their bag, mobile or other possessions taken
- receiving abusive text messages
- being forced to hand over money
- being forced to do things they do not want to do
- being ignored or left out
- being attacked because of religion, gender, sexuality, disability, appearance or ethnic or racial origin

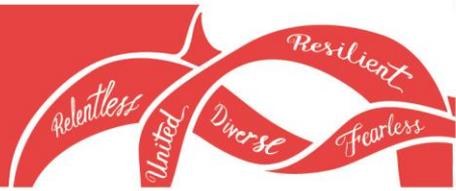
CYBER BULLYING

More recently cyber bullying has become an issue, where young people can be bullied over the internet either by inappropriate comments, uncomfortable pictures being distributed or lies and gossip being spread.

To view the England Netball policy on anti-bullying and how to implement it in your club/academy please visit:

http://www.englandnetball.co.uk/youth/Be_Safe/Anti_Bullying_Resources





THE ENGLAND NETBALL SAFEGUARDING DEPARTMENT

Compliance & Inclusion Co-ordinator

Tel: 01462 428319

E-mail:

[besafe@englandnetball](mailto:besafe@englandnetball.co.uk)
[.co.uk](mailto:besafe@englandnetball.co.uk)

England Netball recognises that everyone has a responsibility to safeguard and protect all young people. If you have a concern that you would like to write to us about please e-mail: besafe@englandnetball.co.uk



FEEDBACK AND COMPLAINTS



England Netball are constantly evolving and developing our programmes and systems in the quest to reach our goal of becoming World Champions.

We welcome any feedback you may have, which could help us to improve the way in which we operate. Equally, if you have any complaints or concerns, please get in touch too. If you would like to contact us please email performance.pathway@englandnetball.co.uk or call the Performance Department on 01462 428306.

