



Birmingham Netball Academy

Information Pack



Birmingham
Netball
Academy

Welcome to the Birmingham County Netball Academy! The Academy is part of the performance pathway framework defined by England Netball.

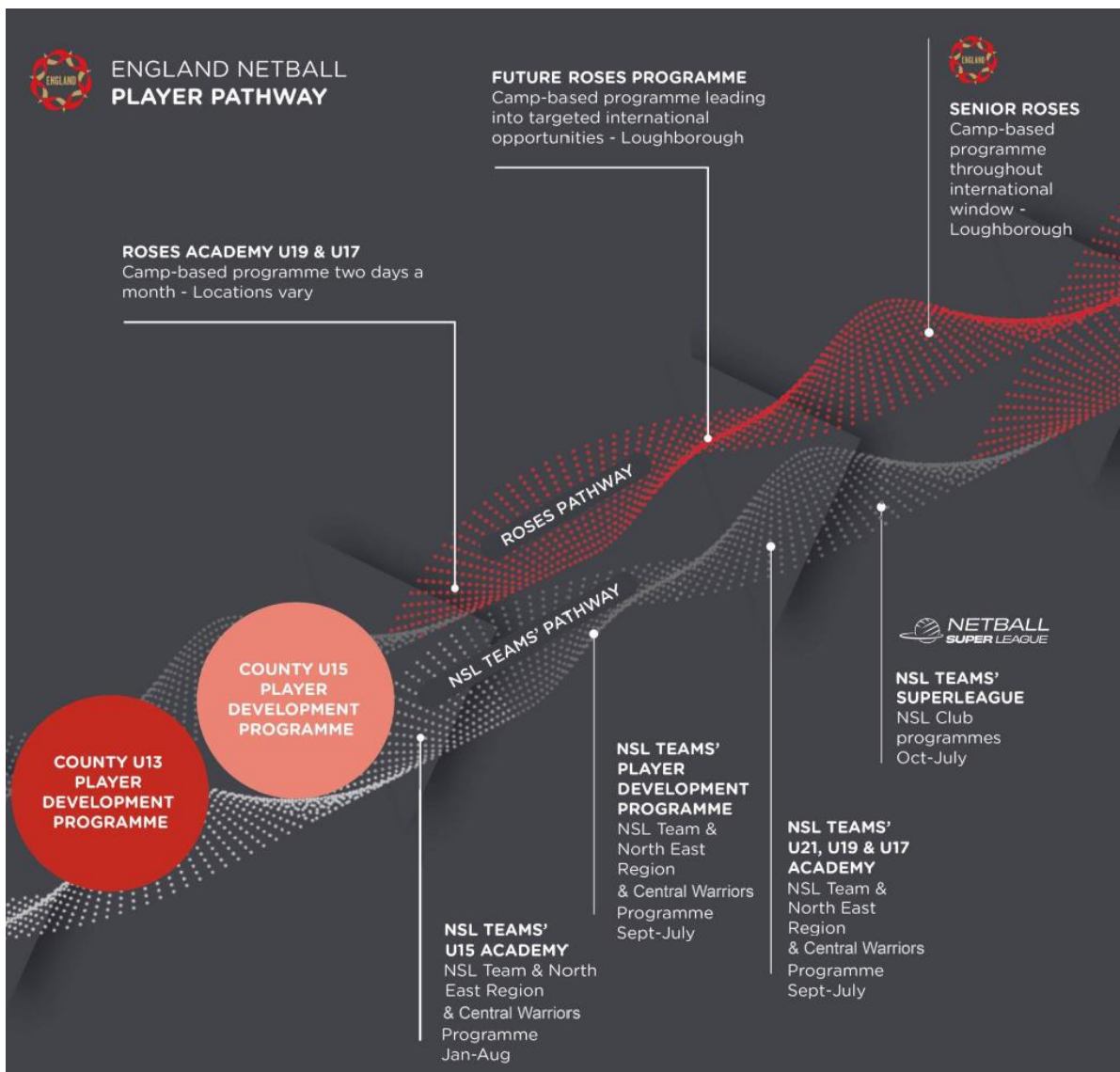
England Netball Performance Pathway



England Netball recently carried out a review of county academy structures and concluded that the continuation of the county programs is a critical component of the netball performance pathway. The pathway effectively prepares our young netballers and consists of U13 and U15 academies.

The Superleague franchises and England Netball Central Warriors provide academy opportunities at U15 level and player development programmes at U17 , U19 and U21 level.

The England Netball performance pathway looks like this:



U13 Player Development Programme

The U13 Player Development Programme is the first step on the England Netball Performance pathway. Birmingham County delivers an U13 Performance Academy and an U13 Development Academy as part of the development programme on behalf of England Netball, typically delivering about 15 sessions per year for each academy.

Qualified and experienced Level 2 coaches deliver the training programmes set by England Netball. The emphasis in the U13 programme is for young netballers to learn how to train on their own, and to understand, experience and practice some of the different components required in a training programme.

U15 Player Development Programme

Birmingham County delivers an U15 Performance Academy on behalf of England Netball, typically delivering between 30 sessions per year.

Qualified and experienced Level 2 coaches deliver the training programmes set by England Netball, providing athletes with the support and skill set they need to progress to the next level of the pathway, provided by the Superleague franchises and England Netball Central Warriors.

England Netball Central Warriors Athlete Pathway

Birmingham County Netball is an 'Assigned County Territory' of England Netball Central Warriors and provides a pathway from county academies.



<https://centralwarriors.englandnetball.org/>

England Netball Central Warriors programme and the U15 National Academies Tournament should include athletes who are from County Academy programmes from within Assigned County Territories.

England Netball Central Warriors compete in the England Netball National Performance Leagues (NPL) at U17, u19 and U21 levels.





Each year, typically late season, athletes who may be suitable for the academies are nominated by either a club coach or school teacher to take part in the academy trials. These trials are held in September, at the start of the new season. There is no automatic reselection – athletes in the Academies are expected to trial each year.



The academies are England Netball’s first step in building a broad base of talent from which future international athletes can emerge. Therefore, athletes wishing to join Birmingham Academy should, at the very least, aspire to progress to the SuperLeague Academies and their work ethic and commitment should reflect this.

Birmingham Academy Coaches

All of the lead coaches are:

-  Experienced minimum Level 2 coaching qualification or above
-  All coaches have numerous years’ experience
-  All have a DBS check
-  All have undertaken First Aid and Safeguarding Children training

Birmingham County also have trained Mental Health first aiders in the coaching team.


Birmingham Academy Training Structure

The [U13 Player Development Programme](#) is the first entrance into the England Netball Performance Pathway and the focus is on individual development. This stage coincides with peak motor learning, therefore athletes are learning how to train and develop the skills of netball. They are also learning basic technical/tactical skills, and ancillary capacities, including warm up and cool down, hydration and nutrition, recovery, relaxation and focusing. Learning about fitness and injury prevention through exercise is an important part of the Programme. In addition, mental court skills are developed, such as leadership, decision making, team work, character building and problem solving.

The purpose of the [U15 Player Development Programme](#) is to focus on working with another athlete. The emphasis remains on fitness, injury prevention through exercise, training and skill development with competition being used to test and refine skills. Again an athlete making decisions within learning activity and the game is an important part of the Programme.


Both Programmes follow an athlete centred approach in all sessions which helps build athlete confidence and self development.


Birmingham Academy Training Kit and Equipment

 The training kit for Birmingham Academy is

- white netball socks
- black skort or shorts
- Birmingham Academy red t-shirt
- Birmingham Academy royal blue hoodie
- Birmingham Academy match dresses (as required)

Athletes should arrive at training / matches / tournaments wearing tracksuit trousers and hoodies. Trousers and hoodies should also be worn afterwards

 Athletes should bring a named netball to every session along with adequate water and a post training protein snack

 Athletes are responsible for providing all tape for strapping where relevant. Athletes should also carry ankle supports and knee supports in their training bag

Social Media

Twitter - @Bham_Acad (Birmingham Netball Academy)

Facebook – facebook.com/BirminghamNetballAcademy

Athletes Code of Conduct

- 🌐 As a member of the Birmingham Academy, punctuality is essential. Make sure you arrive before the training start time and are ready to start training at the start of the session
- 🌐 If you know you are going to be late to a training session or fixture in advance or are unable to attend a session, you need to make sure your parent/guardian contacts the Academy via email as soon as possible
- 🌐 For every session you should be bringing enough fluids that are enough to sustain you for the full session and trip home. This is to cover you in case there isn't a water fountain on site. Snack foods and a source of protein should always be in your bag to have post training. This helps with your recovery as well as emergency, if you may need an energy boost during a session
- 🌐 When wearing the Birmingham Academy netball kit, remember you are representing the Academy, and any inappropriate behaviour is not tolerated as it could jeopardise the image of the Academy
- 🌐 If you sustain an injury outside of Birmingham Academy training sessions, coaches must be informed regardless of the degree of the injury. This is to ensure that your coach is aware, and that further training does not harm or further prolong your recovery time

In addition, previous academy athletes have developed their own code of conduct (ways of training):

- *Support and encourage each other*
- *Treat each other like we would like be treated*
- *Self-discipline*
- *High intensity*
- *Following instructions*
- *Respect and listen to the coaches*
- *Wear correct kit and equipment*
- *Ask questions and have open line of communication*
- *Good manners*
- *Open opinions and ideas*
- *Including everyone*
- *Being match ready for training*
– jewellery and nails

Birmingham Academy Social Media Code of Conduct

Birmingham Academy recognises the benefits of social media and welcomes athletes using it as a fun way to interact with fellow athletes and promote themselves, Birmingham Academy and the game.

Before posting anything on social media, please consider how what you say will be perceived by others and how it could affect your or the academy's reputation.

1. Would you say it to a academy member of staff or your parents? If not, bin it
2. Could your 'post' become a negative story we could all do without? Don't do anything that could reflect badly on the academy
3. If you are uncertain about whether a post is inappropriate, don't post



Please respect and adhere to this policy. The following guidelines are intended to provide advice when using social media

1. No public criticism of Birmingham Academy, team-mates, academy management or coaches, umpires, England Netball or opponents
2. No derogatory/discriminatory language – including, but not limited to, swearing, homophobic, racist or sexist remarks
3. No posts about Birmingham Academy news that hasn't already been announced by Birmingham Academy
4. Please be careful about sharing private images, particularly Birmingham Academy socials
5. If a member of Birmingham Academy has advised you to delete a post, please remove it immediately. This may be because of a safeguarding concern where you may have included an image of an athlete that hasn't given permission for their photograph to be used; or it may be because it projects a negative message about individuals or Birmingham County
6. Be respectful at all times and act consistently with your image as Birmingham County Netball Academy athlete











#BirminghamNetballAcademy | @Bham_Acad

Parents Code of Conduct

In order to gain the best experience from their involvement in sport, children and young people generally rely on their parents/guardians for both emotional and financial support. This influence can be even more critical if their child becomes involved in academy squads and competition. It is hoped that the following will prove useful to parents/guardians to support their child to participate in and enjoy netball.

-  Support your child's involvement and help them to enjoy all that netball has to offer
-  Encourage respect for the rules of netball, promote and support fair play and the acceptance of an official's decision

Encourage recognition of good performance in others as well as themselves;

-  Do not applaud opponents' errors or their misfortune
-  Uphold high standards of behaviour, appearance and promote the importance of being a good team player
-  Establish a positive partnership with the coach to help provide the best possible balance between the demands of netball, education and home
-  Be punctual when collecting or delivering your child to training or matches
-  Ensure that your child fully understands the requirements of the Codes of Conduct for athletes
-  Never exert undue pressure on your child to compete or to gain results. Be realistic about your child's ability
-  Always use appropriate language and ensure your child does the same
-  Under no circumstances condone a rule violation or the use of prohibited substances including alcohol and tobacco
-  Ensure that your child understands that they should take an appropriate level of responsibility for their own safety
-  Show respect to the coach/volunteer working with your child