

## **Tyne and Wear Performance Report**- 06/07/2020

The county and satellite academies have now concluded for this year, slightly earlier due to Covid 19.

### **Numbers:**

This season we have had a total of 70 girls within the Tyne and Wear pathway. These girls ranged from the ages of 16 to 12, with 35 taking a place in the satellite programme and 35 in the county programme.

Those within satellite have taken part in 12 two-hour training sessions, and three match play days against North Durham and Northumberland. This totals to 36 hours of coaching and playing. Those within county have taken part in 17 two-hour training sessions, and 5 match play days. This totals to 54 hours of coaching and playing.

### **Positives:**

This season my personal aim for the programmes, was to create athlete centred and professional environments. I feel this was achieved through the introduction of one on one feedback half way through the season, as well as personalised feedback at match play days. The county programme also received the introduction of fitness testing, which followed England Netball guidelines and tests. Through this testing and feedback, it allowed for coaches to track player progression easier, and for the players to acknowledge and understand what they need to work on.

### **Pathway:**

In terms of progression into regional pathways: 5 girls gained places in the U15 regional squad and 4 have gained places in the U13 regional squad.

### **Improvements:**

Overall, I have been pleased with how this season has gone. However, due to Covid 19 the programmes were cut slightly short. Dependent on government guidelines and England Netball recommendations the remainder of the season may take place before Christmas. County still had 3 training sessions remaining, and satellite had two, so in an ideal scenario camps will take place to fill in the missing sessions.

### **Next Year:**

I just would like to say thank you for all the club, parent, player and committee support this year with the programmes. The feedback given has all been very valuable and will be enforced next year. Hopefully, next season more coaches will come forward and be appointed to satellite and county programmes, as this is such a vital part of the player experience. Anyone wanting to coach or assist, please get in touch!

**Hannah Larsen**  
**Performance Officer**