

Netball East's 1st EVER Academy

Match Day

19th October 2014



The 19th October saw the 1st ever East Academy Match Day. Athletes from both regional Academies (Braintree and Oaklands) plus invited county academy athletes from across the region, came together to put their training into practice. Athletes were divided in to 5 teams to play 10 rounds of fast paced netball. Sam Meade, East Region Performance Pathway Coach (PPC) said, "This is a great opportunity to bring both regional academies together, along with selected County academy athletes. The day is designed to give match play experience, where they can apply their training and to have the platform to work on goals and targets we have set them to date. For the County academy athletes, this is their chance to see and play alongside athletes higher up the pathway and have an idea of the level they are working towards. It's also exciting for me to see what we have coming through the pathway and to help direct some of their training"



"Maya had a fantastic time and really loved getting a sense of netball at this higher level. The event had a lovely feel to it, very supportive and constructive, which was really great to see."

**Kamena Henshaw (Parent of Maya Henshaw)
Suffolk**

Sasha's Story



“My name is Sasha Joseph; I’m currently 14 years old and have just started my first season in regional. So far the start of my season has been great, many challenges, experiences and accomplishments. On Sunday the 19th of October I had my first match day, surprisingly I was more excited than nervous. I just could not wait to play and be able to apply everything I have learnt in training into match play. The day consisted of all of East regional academy athletes as well as a group of invited county athletes and two regional performance athletes. All athletes were split into 5 groups, there were 10 rounds and everyone was all mixed together so all groups were equal and fair.

I was a part of tigers; unfortunately tigers were a heavy shooting group. I was the only first choice of centre, therefore I had to play centre for all 8 matches. I didn’t see this as a problem although it would be a challenge; therefore I made it my target to see if I could maintain a high level of intensity, defence and accurate passing all under fatigue. Our group overall played really well, we lost 2 game, drew 1 and won 5. Even though we wanted to win all our games we were mainly thinking about our group and individual targets. As a group we decided that our targets would be; as a defender to cause the opponents to hold the ball for more than three seconds, for twice in one match. For the shooters, their target was to draw their defender out of the circle before receiving a pass from the C or WA. We all thought that this target would help us because the first few games our shooters would just hold and receive a over head pass, it worked for the majority of the time however when we approached taller defenders it was intercepted. For mid-court players our target was to have tight one on one marking and to also make sure there was three options available for the feeder. Its sounds like a lot of targets but when we started to play it all kind of linked together and each target complimented each other.

My individual target was to have tight one on one marking, I felt that as fatigue kicked in I lacked in that, so that will be something for me to keep working on this season. Overall I really enjoyed the match day, I made many friends and the best part of it all is that whilst you are playing your coaches are writing down things that went well and targets for each individual athlete. So the day gives you a chance to apply everything you have learnt in training into match play, make friends with the same mind set and enjoy yourself, improve your team work skills, work on previous targets and get feedback that will help enhance your play.”

Sasha Joseph

Hertfordshire Regional Academy

The athlete experience

"The whole of the match play day was a great opportunity to see where I am aiming to progress to in my future netball. All of the games were very enjoyable as I felt I could learn from the more experienced players, as well as benefiting and being able to experience such high intensity games. On and off court, it was a learning experience as I was able to ask players about their lifestyles and commitments of being in the Regional Academy or the Regional Performance Academy. All of the girls were incredibly friendly and polite as well as helpful when it came to helping me improve my game. Being put into teams with girls I didn't know was great fun as I was able to get to know people and make friends while playing a sport I love. All of the hard work in the games paid off as my team came joint third and at the end of the day I felt incredibly rewarded as I had put a lot of effort into my day. It was definitely a lot of fun and something I would love to experience again."

Charlotte Eagles.
Bedfordshire County Academy

"I'm in east Essex county development and I was asked to join the regional players in a match day on Sunday. I was surprised at how quickly everyone got on with their own activation and warm ups compared to in county where we do it as a group and as instructed. We were split off into teams and did a court warm up which I found extremely useful and was a new thing to me, there was a mixture of players in each of the 5 teams. The games were intense but I soon got into it and felt very comfortable with the girls. It was a good experience playing with the regional girls because they were at such a good standard and that encouraged me to play my best; Sam helped by giving individual targets for the day so we were able to improve our play. Overall it was a really great day and I hope to be playing some more with these girls."

Olivia Alltree
Essex County academy



The athlete experience



The athletes and parents were also treated to a Q&A session with **Aimee Hatley**—Regional Performance Academy and Mavericks Youth Athlete and **Ellie Newman**—Regional Performance Academy, Mavericks Youth and England U17 European Champion . There were some great questions from the County and regional academy athletes around balancing their training alongside school and social commitments. Others were keen to find out the level of training required to become an RPA/NPL and National athlete. Other Regional Academy athletes wanted to find out from **Aimee** how she managed and found the move this year from RA to RPA.

Honours and Winners



Honours

Defence

Izzy Barclay

Katie Bowen

Centre Court

Sasha Joseph

Toni Wright-Brown

Shooters

Lucy Perkins

Phoebe Parker

Special Mentions CA

Beds – Charlotte Eagles

Cambs – Ellie Marsden

Essex - Olivia Alltree

Herts – Tor Hill

Norfolk - Talitha Rowan

Suffolk - Maddison Ludlam

THE WINNING TEAM LEOPARDS



Leopards

Phoebe Parker –Braintree RA

Bex Sykes – Oaklands RA

Georgia Sasse Braintree RA

Hannah Morgan Oaklands RA

Sophie Panons – Braintree RA

Ellie Marsden – Cambs CA

Rebecca Hooker – Beds CA

Izzy Barclay –Braintree RA

Aimee Hatley – Regional Performance Academy

THANK YOU

Thank you to our coaches Liz and Sue who supported the girls, providing them with feedback and advice throughout the day, they also helped to run the table and collate the results on the day



Thank you to our parents for their continued support to the athletes

Thank you to team white who officiated and supported the day



Everyone is really looking forward to the next academy match day on 14th December @ Wodson Park, Herts