



April 2019

## **Leeds Rhinos Netball Pathway 2019-2020 Season**

### **FAQs**

*If I am a school/club player who has not yet been part of Leeds Rhinos Netball, where should I trial?*

If you are U13 or U15 you should trial for your Satellite/County Academy. If successful, your coach can nominate you to trial for the Regional Academy when appropriate. Alternatively, you can access a Rhinos hub in our community pathway.

*If I am currently in a Leeds Rhinos hub, what should I be trialling for?*

Each Hub coach can nominate a few players to attend U13 and U15 Regional Academy trials. If you are nominated by your coach, ensure you meet the age criteria, and then you should familiarise yourself with the information in the next question.

If your Hub coach has not nominated you for Regional Academy trials, you should attend relevant Satellite or County Academy trials to enter the performance pathway if you are eligible on the age criteria.

If you are too old for the Rhinos U15 hubs, you will be able to trial for a Rhinos U17 Futures hub. More details will follow; we are trying to make sure that there is something for everyone!

*If I am currently in the U13 or U15 Academy what should I be trialling for?*

You are automatically invited to re-trial for the U13/U15/Futures Academy (providing you meet the relevant age criteria). If you are too old to trial for the Rhinos Regional Academies, you may be eligible to trial for the U17 Futures and Elite Academy through open trials.

If you are successful in gaining a place in the Regional Academy you will also be expected to join your County/Satellite Academy. Each County has their own website and we will share information as soon as we have it.

If you are unsuccessful in gaining a place in the Regional Academy you should trial for your County/Satellite Academy. Each County has their own website and we will share information as soon as we have it.

If you are unsuccessful in gaining a place in the Futures Academy we will signpost you to our Futures Hubs, which sit within in our community/development programme.



*If I am currently in the U17 or U19 Academy what should I be trialling for?*

You are automatically invited to trial for the Futures Academy, provided you meet the age criteria. If you are unsuccessful in gaining a place in the Futures Academy we will signpost you to our Futures Hubs, which sit within in our community/development programme.

You may also wish to apply to trial for the Elite squads through the open trials, where you meet the relevant age criteria. Registration will be online and details will be circulated nearer to the date.

*What should I wear for a Leeds Rhinos Netball trial?*

Please wear dark shorts or leggings and a plain (non-branded) white t-shirt. Long hair is always tied back and no jewellery can be worn.

*When will I hear if I have been successful at a trial?*

We endeavour to provide athletes with an outcome within 72 hours of their trial; during peak times, please allow up to five days. Outcomes include final selection, a further trial invitation (eg. To a screening phase) or signposting to further training which is not part of our Pathway.

*How much training should my daughter be doing?*

This depends on their age and stage in the pathway. Netball is not an early specialisation sport so we encourage U16s to continue with other sports alongside netball where possible. Over 16 years of age we would expect players to specialise in netball with other sports becoming secondary to netball. Every journey is individual and unique, but we hope these guidelines are helpful.

It is important for players to be exposed to a gradual increase in netball training and this should be the focus over achieving a set number of hours. Below is a table showing how much training a player typically does at each stage of the pathway, which illustrates how a player's exposure to netball may gradually increase with time:

Satellite level	Satellite 15x 1.5 hours Club 30x 1.5 hours School sport	Netball training 2x per week Occasional games
County level	County 30x 1.5 hours Club 30x 1.5 hours School sport	Netball training 2x per week Game 1x per week
U13 Regional level	Satellite 15x 1.5 hours Club 30x 1.5 hours Regional academy 30x 1.5 hours School sport	Netball training 3x per week Game 1-2x per week
U15 regional	County 30x 1.5 hours	Netball training 3x per week



level	Club 30x 1.5 hours Regional 30x 1.5 hours School sport	Game 1-2x per week
Futures Academy level	Futures 48x 2.5 hours Club 38x 2 hours School/college netball 4-8 hours per week	Netball training 3-4x per week Game 2x per week
U17/19 elite level	Elite Academy 48x 5 hours Club 38x 2 hours School/college netball 4-8 hours	Netball training 3-4x per week Game 2-3x per week
U21 elite level	Elite Academy 48x 2.5 hours Club 38x 2 hours University netball 30x 8-12 hours	Netball training 4-5x per week Game 2-3x per week
Superleague	Superleague 40x 10-12 hours Club 24x 2 hours University netball 30x 2-4 hours	Netball training 4-5x per week Game 1-2x per week

This should be taken as a guide as training and match play will vary by player and at different phases of the year.

What level should my daughter be competing at?

Again, this depends on age and stage in the pathway. Naturally players want to compete at the highest level but this can sometimes lead to less playing time. Therefore, we recommend that players get exposure to three levels across a season:

- a) A fun and comfortable environment – here the player applies and executes new skills with confidence and success, and may have a leadership role
- b) A competitive environment – here the player learns to apply and execute new skills consistently when being challenged. This stage may involve some bench time.
- c) A challenging environment – here the player is stretched and getting a taste of the ‘next level’. The player requires a lot of support from players around them to apply and execute skills successfully. This stage may involve significant amount of bench time.

Below is a table showing the competition levels a player typically participates in at each stage of the pathway:

Satellite level	Other sports School team Club team – local junior league
County level	School team Club team – local junior league Club team – local senior league (14+) eg Netball Nights
U13 Regional level	School team Club team – local junior league



	Club team – regional junior league
U15 regional level	School team Club team – regional junior league Club team – local senior league (14+) eg Netball Nights
Futures Academy level	School/college team Club team – local senior league Club team – senior regional league
U17 elite level	School/college team Club team – senior regional league NPL
U19 elite level	School/college team NPL Club team – senior regional or national league
U21 elite level	University team NPL Club team – senior national league/ SL training partner

Please note that a player might only fully participate in the competitive environment and occasionally get opportunities at the level above and below depending on their individual needs and time of year. Hence this should be taken as a guide only. Try not to compare your athlete to others too much; there are a lot of factors such as rate of growth, development journey, positional issues, etc.

Further information can be sought by emailing [info@leedsrhinosnetball.co.uk](mailto:info@leedsrhinosnetball.co.uk)