

England Netball

Performance Pathway

The England Performance Pathway aims to ensure that there is an increased number of high quality athletes progressing into the England Netball World Class performance programme. The pathway acts as a conveyor belt taking players from 11-12 years old, all the way through to our Senior National team.

You can enter and exit the England Netball Pathway at any stage. This ensures that we can recruit athletes and have a fluid system and that allows us to optimise athletes in the right level at all times.

Nearly all athletes will have knockbacks at some point in their career and the athlete trajectory is far from linear, so if you do have to step off the Pathway this doesn't mean that it is the end of your dream to become a World Class athlete. If you work hard, there is opportunity to enter back into the pathway. Turn the page to find out what it is like to trial and be an athlete on the England netball pathway

At ETNC we do all that we can to ensure we are providing the correct support to all our players wishing to progress on to the EN pathway or attend similar trials.

ELLY STONEBRIDGE

- ◆ Year 10 student
- ◆ Club Athlete of the year
- ◆ Favorite Netball position is Wing Defence
- ◆ Recently won LSE Regional Golden globe award for Volunteer of the year



Where and when did you first start netball?

I have been playing netball for five years ago. Netball for me started in primary school with my teacher called Mrs Bowen; She led the high five sessions.

What was the reason behind joining a netball club outside of school?

I joined ETNC because I had trialed for the Ealing squad for the London youth games in year 7, however I did not get in and I felt I needed some club experience after my school and LYG coach suggested I looked for a local team.

How did you hear about the Middlesex academies ?

I first received information from my school after they suggested I should attend trials in year 7 and was then encouraged by my club coach

and family.

Why did you want to attend trials and how was the experience ?

My First time I attended any netball trials I was disappointed to not make the selection; however I was determined to trail for the academy for the second time as I wanted to challenge myself and get the chance to perform at a high level.

The first time I trailed I was by myself and found it intimidating as everyone seemed to know each other. The following two years I went along to trials with several new friends , all who I had met through club & LYG netball. I thoroughly enjoyed trialling especially when I found out I got in to satellite and then this year I have moved up to county academy.



Have you had any knock backs when trialling or decided not to attend trials?

In year 7 I attend trials for both London youth games and Middlesex academy; I did not get in and was dropped on the first cut.

What is involved in being at Middlesex performance athlete ?

As a Middlesex athlete you have just gained your first steps on to the England netball pathway Which involves you having to put in a lot of effort during on & off season, in match play, training and generally in every aspect of the academy programme. There is strength and conditioning exercises which you are expected to complete around 5 times a week along with Sunday morning training.

There are also come and play days and tournaments which you are encouraged to attend as extra experience.



Why should more girls between the ages of 12-16 take up these experiences?

More girls should take up this experience as it is a brilliant opportunity to improve your netball performance and help you to take your first steps on to the England netball pathway. Plus make many new friends.

Can you tell us what your top 3 tips would be for someone considering trialling for Middlesex this season?

1. Just go for it and give it your all.
2. Do not worry about what other people will think, just focus and play your own game
3. Keep calm and confident

“I have sacrificed a lot; I’ve missed friend’s birthdays and big family occasions. Not everyone always understands, but those closes to me do and get the bigger picture; Netball is my life. I started playing at secondary school, so later than lots of people, but I loved it from day one and since then there’s been no turning back. I got scouted at 15 and played in the U19 Netball Europe Competition... at GK!!! I was the youngest in the squad and really competitive; that’s grown even more with age. I now represent netball in all aspects, as a player, coach and ambassador and the opportunities the sport has given me have been amazing”

Sasha Corbin, England Netball Player

Did you know that Sasha Corbin entered the pathway at Middlesex County Academy



**For more information on the Middlesex academies
Please e-mail your team coach who will be
able to provide further information and trial dates**

