

LONDON YOUTH GAMES

The London Youth Games is Europe's largest youth sports festival. It is now a season of events taking place over 9 months including both School and Community Competitions across 30 different sports. The competitions are part of the national School Games Programme.

Open competitions enable the most talented young people in each London borough to compete to become champions of London. Teams are organised by the sports development team in your local authority.

ETNC is Team Ealing leading partner s for U14s & U19s squads. Ealing have won bronze at the games many times but yet to move up to the silver and gold podium. Ealing have always finished in the top and are determined to support the development of girl in the borough. Turn the page to find out what it is like to trial and represent Ealing at the LYG.

Previous athletes from the games have gone on to represent England at the commonwealth games and Team GB at the Olympics and Paralympic games.

Did you know that 400m Gold medallist Christine Ohuruogu competed for the borough of Newham in both athletics and netball

Where and when did you first start netball?

I got involved with netball at my primary school five years ago.

How did you hear about the LYG?

I find out about LYG through my netball club

What was your experience like trialling for Team Ealing?

My experience trialling for Team Ealing was a good learning curve. I first trialled in year 8, and I admit I was a bit nervous to start off with, but at least I had my best friend with me. I didn't really know anyone else and a lot of the girls were a year older than me. However I worked hard, My club coach helped me improve at club training, and I ended up getting selected for the team! The

next year I trialled again, and I felt much more confident in my ability, I was more experienced and I made many more friends. I got selected again that year and was also chosen as Co-Captain! The whole experience was hard work but really enjoyable.



ZOE LACOUR

- ◆ *Year 10 student*
- ◆ *Joined ETNC in year 7 because of her friends who already attended*
- ◆ *Favorite Netball position is Centre*
- ◆ *Also a National handball athlete*

Have you ever had any knock back from netball trials?

I wouldn't say I had any major knock-backs during trialling, apart from during my first trials I felt like I wouldn't get in because everyone else was so good, and that can be intimidating. Also the pace/level of netball was higher than what I was used to playing at school/club.

Why should more girls take up this experience?

Because even if you do not get in, you'll learn lots of skills, make friends and play netball with people you wouldn't normally mix with, and have lots of fun! Also if you do get in, your level of netball will hopefully improve and competing in the LYG is an amazing experience.

What would your top 3 tips be for someone considering trialling for LYG?

1. Try your hardest and put in 100% effort
2. Have fun
3. Never give up!

What made you join ETNC?

From loving netball in school I decided to take it further by joining a club outside of school. Where I have made lots of new friends and learned to love the sport.

How did you find out about LYG netball?

My sister had trials & made the squad in 2015 and really enjoyed it; but I didn't have the confidence to trial myself however the next year I decided to go for it.



How was your experience with Team Ealing?

It was great fun although a little nerve wracking and I got to learn new moves and made new friends.

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

There were some points where I thought I had performed badly but still came back and tried my hardest. I think this is something that anyone trialling should remember that you must be determined.

IZZY STONEBRIDGE

- ◆ *Year 9 student*
- ◆ *First experience of netball was in primary school, I just loved it!*
- ◆ *Favorite Netball position is Goal Attack*
- ◆ *Also a beginner umpire & youth Coach*



With London youth games being one of the largest youth sporting event in Europe, Why should girls in Ealing get involved?

It introduces you to more people in the netball community and helps you to learn more netball skills. The day of the competition is very exciting and it gives you an idea of a higher level of netball. It also gives you an opportunity to watch players of higher levels and pick up tips from the coaches.

For girls that are a little worried about trialling what advice would you give?

Don't think about how good everyone seems to be and the style of their game because you have your own style and if it works for you then stick at it. Also make sure that when you are trialling, you show off what you can do and you play your own positions and not the ones that no one wants to play. Also be determined and stay focused.



If you live or go to school in the borough of Ealing you may be eligible to represent Team Ealing at the London Youth Games.

If you are interested in competing in Netball for Team Ealing please contact Jo Valks, Sports Development Officer for Young People for more information, or to ensure that you receive the trials information as soon as it is finalised, please call 020 8825 6104 or e-mail valksj@ealing.gov.uk

If you don't live or go to school in Ealing, But still interested in what LYG netball has to offer . Please e-mail your team coach who will pass on contact details for the borough you live or go to school in.

