



Excel Delivery for Athletes

log book, guidance, advice and useful tips
for county academy athletes



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England Netball County Academy

Congratulations on being selected into your County Academy.

County Academies are for players who have been identified as having the potential to play netball at a higher level in the future.

The aim of the Academy program is to give you the quality individual coaching support you need to help you achieve your full potential. The sessions will give you education on how to train with regards to fitness, skills work and goal setting, as well as many other aspects necessary to become an elite athlete. You will be required to keep a training log of how often you train, types of training and how often you participate in sport.

If you want to play netball for England it will take a great deal of hard physical work. Being talented is not enough, and only players with the right attitude to training and playing will make it to the top.

Personal Details

NAME: *Please Print*.....

AGE D.O.B.

ADDRESS:

..... POSTCODE

TEL: (HOME) (MOB)

E.MAIL

CLUB AFFILIATION No

CLUB COACH

CONTACT No E-MAIL.....

SCHOOL AFFILIATION No

SCHOOL COACH.....

Netball league(s) and competition(s):

Any other sport(s) played?:

How often per week?:

EMERGENCY CONTACT DETAILS

CONTACT NAME RELATION

TELEPHONE NOs

ALTERNATIVE EMERGENCY CONTACT DETAILS

.....

SPORTS EQUITY

To enable us to monitor the effectiveness of the sports equity policy please complete the following section.

What is your ethnicity? (please circle)

White Black British Black Caribbean Black African Black Other Indian

British Asian Pakistani Bangladeshi Chinese Other (please specify)

DISABILITY

Do you have any long term illness, health problem or disability that limits your daily activities? (please circle) **YES / NO**

PHOTOGRAPHY / VIDEO

Photographs / Videos may be taken during the season for publicity and promotional purposes. If you have any objection to this please tick the box.

SIGNED..... DATE

PARENTAL SIGNATURE

Medical & Injury Record

Strictly Confidential

NAME

ADDRESS.....

.....

.....

TELEPHONEHOME.....MOBILE

D.O.BE-MAIL

SCHOOL

CLUB & AFFILIATION

GP NAME & ADDRESS

.....

NEXT OF KIN & CONTACT DETAILS.....

.....

Please list your training programme and any others sports you take part in each week.

.....

Do you have any long term illness, health or disability which limits your daily activities?

(Yes or No) If Yes explain below.

.....

Are you allergic to anything? (Yes or No) If yes explain below and list medication.

.....

Do you have Asthma or breathing problems (Yes or No) If yes please give details below

.....

Do you take any medication for any other condition? (Yes or NO) If yes please list below

.....

Have you had any major illnesses / operations? (Yes or NO) If yes please list details below.

.....

Have you had any injuries in your netball career? (Yes or No) If yes please give details below

.....

Do you tape for playing or training? (Yes or No) If yes please give details of area and when you tape below.

.....

Thank you for your co-operation. Hope you enjoy an injury free season.

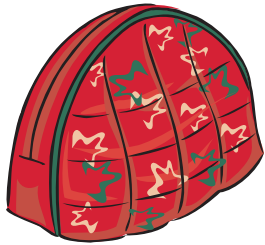
Code of Conduct

All players should:

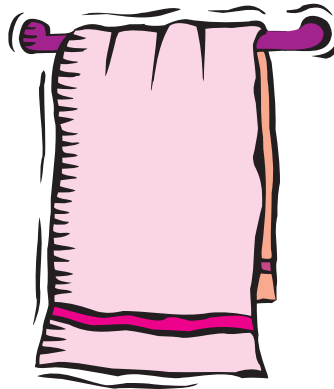
- Make every effort to develop their own sporting abilities.
- Give maximum effort and strive for the best possible performance during training.
- Set a positive example for others.
- Always demonstrate appropriate behaviour.
- Know and abide by the laws, rules and spirit of the game.
- Accept success and failure, victory and defeat equally.
- Resist any temptation to take banned substances or use banned techniques.
- Treat fellow athletes with due respect at all times.
- Safeguard the physical fitness of opponents, avoid violence and rough play and help injured peers.
- Accept the decision of coaches / managers / selectors
- Abide by the instructions of their coach and officials provided they do not contradict the spirit of this code.



Ideal Kit Bag



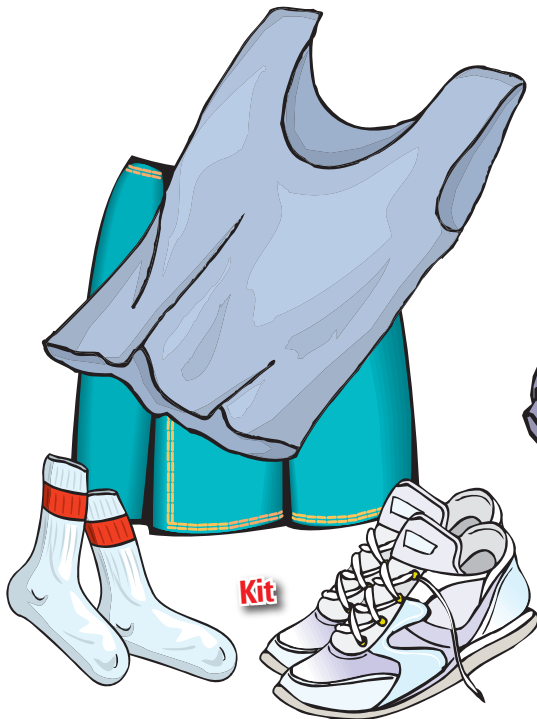
Toiletry Bag with Shampoo/Shower Gel etc



Towel



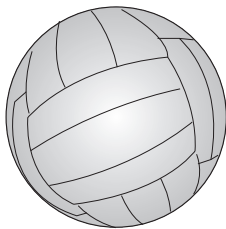
Snacks / Drinks for refueling



Kit



Clean & warm change of clothes



Netball



Pen & Log Book



First Aid

Extras:

.....

.....

Self Profile

Below is a graph to measure the essential attributes a netball should possess and where you sit on the scale.

All sections of the graph are numbered; you need to shade in each section on the scale of 1-10 (1 being the lowest 10 the highest) on where you feel you are.

You will be required to do this at the beginning and the end of the season so you and your coach can measure improvements in any area, so please use a different colour pen/ pencil at the end of the season.

Column 1 – Team Work

2 – Time Management

3 – Leadership

4 – Variety

5 – Decision Maker

11 – Risk Taker

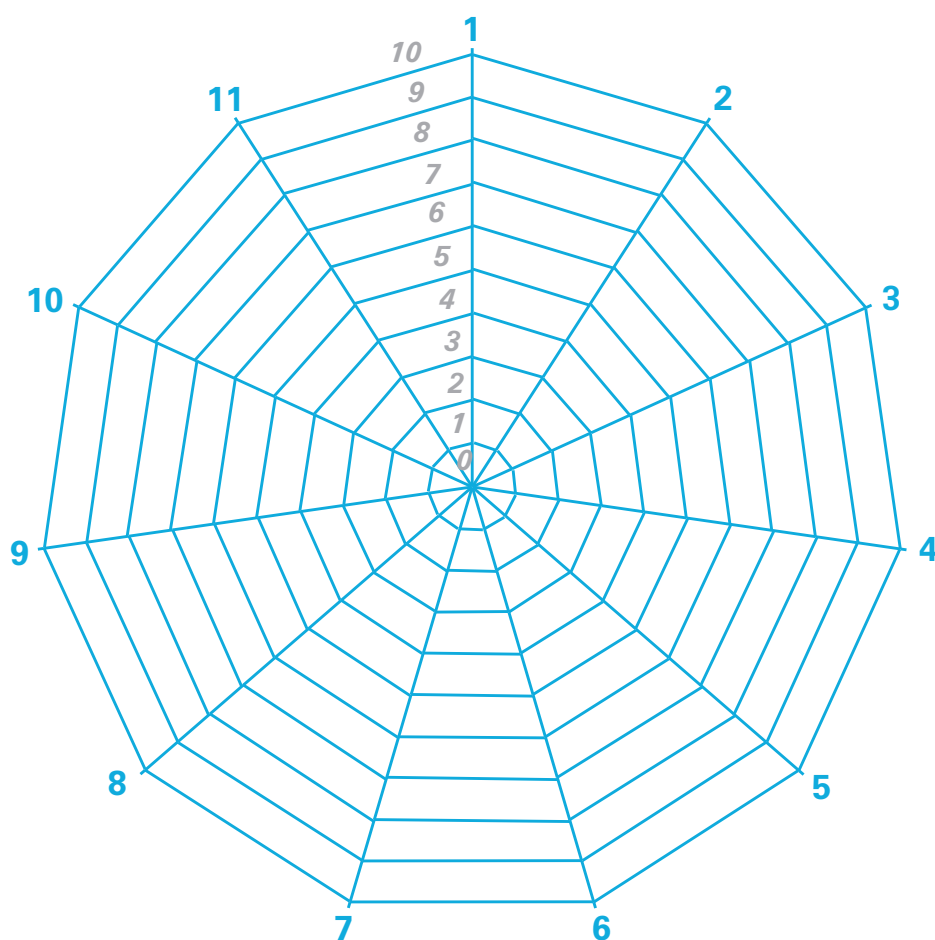
6 – Motivation

7 – Ball Skills

8 – Body Control

9 – Physical Fitness

10 – Confidence



Psychological Skills

Concentration

A player can work hard on her physical fitness, technical ability and tactical awareness but in the game if she lacks concentration, loses her focus or lets outside factors affect her play her performance will suffer.

Make a list of the types of scenarios that happen in a game that may break your concentration:

1.
2.
3.
4.

What might you do to regain your concentration if:

- An umpiring decision upsets you?
- The opposition is over physical?
- You make an unforced error?
- You are struggling with a new skill?

One way to deal with a lack of focus when training / playing is to use '**KEY WORDS**'

A **key word** would be **your personal** trigger to bring your focus back and help you to forget the outside influences that are affecting you.

Examples of key words may be FOCUS, STEADY, THIS TIME, if a key word is to be effective it must be personal and relevant to you.

Goal setting

Goal Setting Principles:

A number of factors make goal setting more effective. These can easily be remembered by using the acronym **SMART**. This stands for **Specific, Measurable, Agreed** and **Achievable, Recorded** and **Reviewed**, and **Time-phased**.

Specific and Measurable:

'*Do your Best*' is not an effective goal. Specific, measurable goals such as:- increasing the number of successful shots from 65% to 70% is more precise and measurable.

Agreed and Achievable:

Goals that are challenging but realistic encourage athletes. Athletes should seek help from coaches and mentors but ultimately they must accept the goals for themselves.

Recorded and Reviewed:

Athletes should record and monitor their goals regularly with the help of their coach / mentor. It may be that the goals were too easy or too hard and will need to be modified. Use goal setting sheets to start a goal setting diary.

Time Phased:

Set short term as well as long term goals. A series of smaller goals is necessary to achieve the final goal, and will help maintain persistence and help increase motivation. It is important to identify the dates by which the goals should be achieved.

Remember to set goals for practice and competition.

Remember to set positive goals.

Balanced Lifestyle

In 2/3's, players to look briefly at diagram 1:

- Identify what it is saying about sport v lifestyle?
- Sport appears to 'take over', 'interfere', 'make smaller' other aspects of a normal lifestyle.
- Are there other issues/aspects not included in the nine squares?

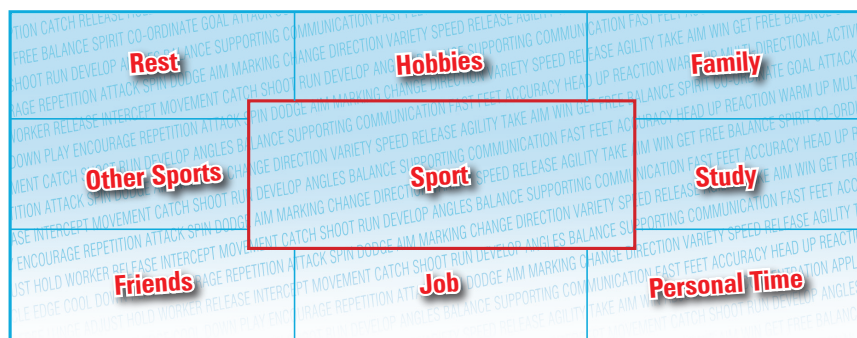


Diagram 1

Look at diagram 2

- The 'ideal' lifestyle!!
- How realistic is this? - at various time in the year certain priorities (eg. exams, family celebrations etc) will demand at larger amount of time?
- How will you cope with this? What kind of things can you do?

Key words: discuss! prioritise! compromise!

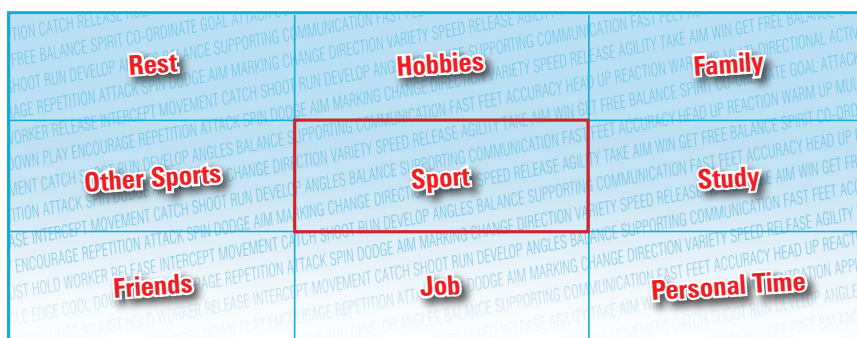


Diagram 2

Look at diagram 3

- The Reality! If you have ambitions to succeed on the 'England Netball Excel Pathway' – e.g. County Academy / Regional Academy / National Excel Programme, full National Honours – then difficult decisions, some sacrifices and lots of compromises may have to be made in order to achieve success.

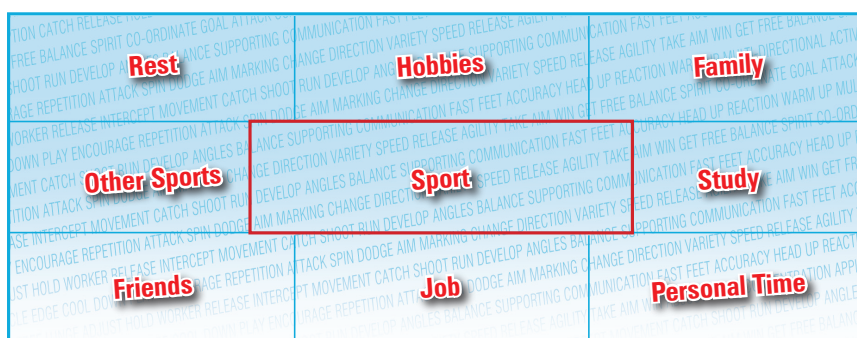


Diagram 3

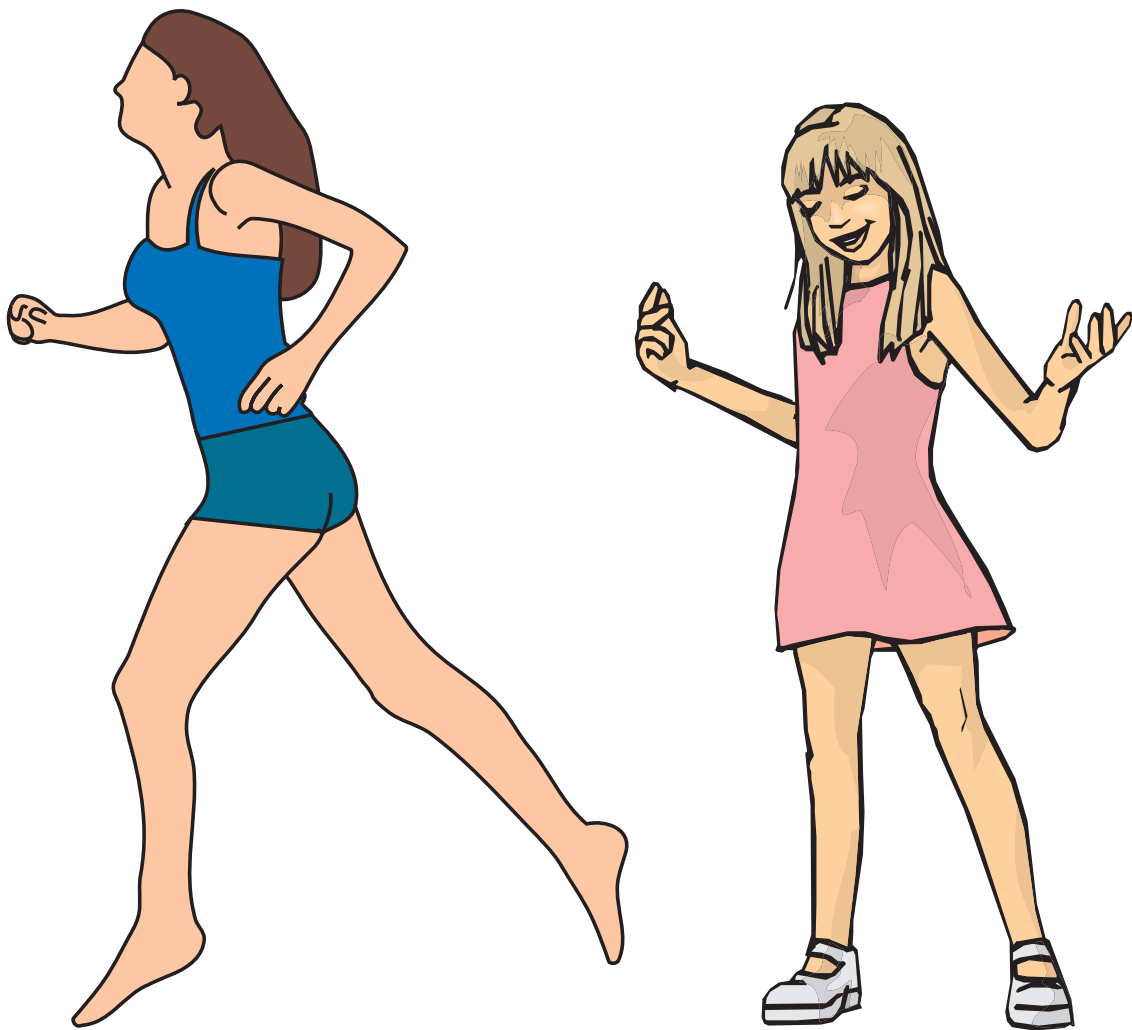
Body Image

As you mature so will your bodies.

As you train you are likely to gain muscle mass, muscle tone and lose body fat. This will change your body shape and contours.

Muscles will become more defined in your arms, legs and abdomen. Normally this is perceived as a positive but if you do not like the impact training has on your body shape then talk to your coaches, parents and those around you before it becomes a big problem in your mind. If it becomes a big issue then maybe discuss it with your Doctor.

Dr Christian Verrinder (England Netball Doctor)

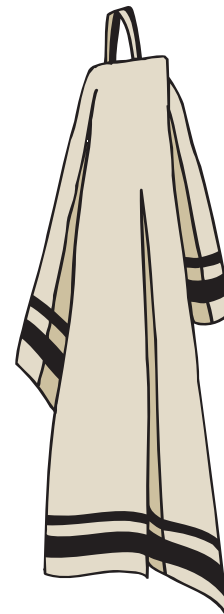
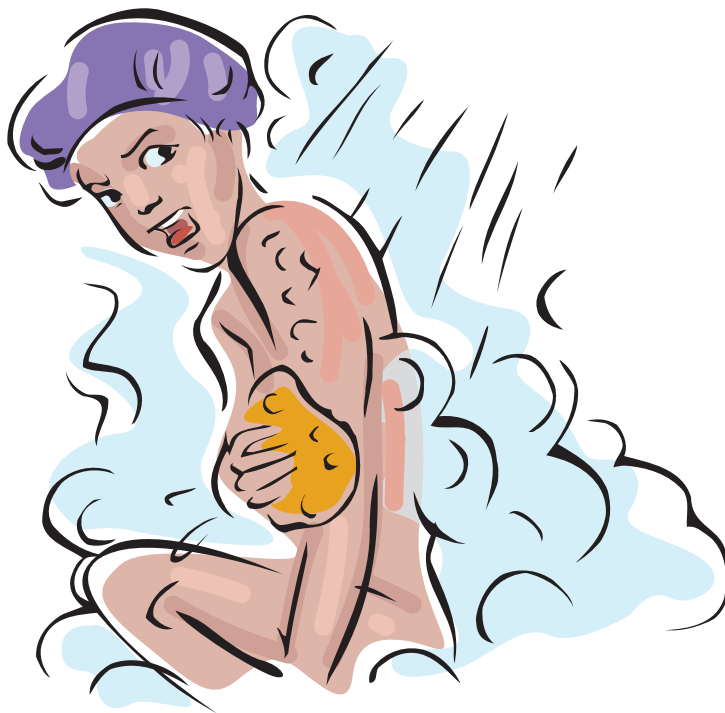


Body Hygiene

After matches and training sessions it is very important to shower and remain hygienic. Not showering will mean that sweat will remain on you and you may be prone to opportunistic infections such as athlete's foot or bacterial infections (especially if you have a break in the skin from a scratch or knock).

When showering make sure you use your own clean towel and do not share! Hand washing is also very important to prevent transmitting infections when training with others.

Dr Christian Verrinder (England Netball Doctor)



Nutrition / Refuelling

Introduction

“Good nutritional habits alone will not make you an International Netballer, but without good nutritional habits you won’t be that International Netballer either.”



Training combined with appropriate nutrition will optimise your sporting performance and help you unleash your potential.

Young athletes must also be provided with the appropriate food and fuel required for the additional demands of growth and maturation to ensure healthy and successful athletes who enjoy their sporting activities.

Therefore, an athlete’s training diet needs to:

- ensure sufficient energy is consumed to allow the player to perform
- promote rapid recovery between training sessions
- keep an athlete healthy and free from illness and/or injury
- support and promote optimal growth and development.

These guidelines should help all young netball players and their parents/guardians, put together an appropriate eating plan around their training and daily activities, as they aim to move on up the ranks of England Netball. The guidelines have been broken down into easy-to-read sections, guiding you from the basic planning through to the more complex strategies and considerations for athletes.

Nutrition / Refuelling

Balanced Diet

A balanced diet contains macro- and micro-nutrients in appropriate quantities for good health. Each nutrient has a specific role and may be found in certain food types, as highlighted in the information that follows.

Macro-nutrients:

Carbohydrates

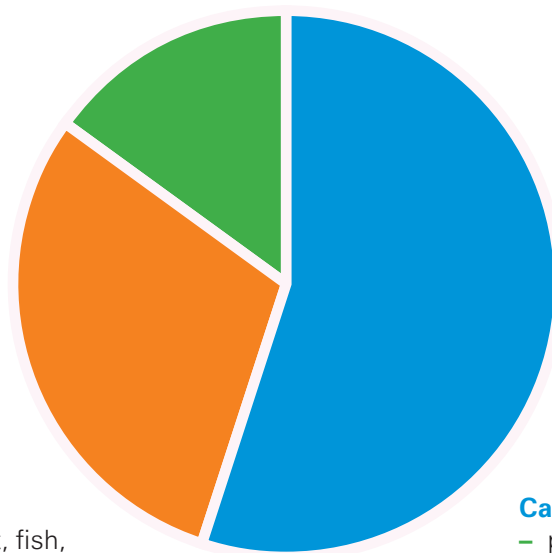
- Provide fuel for exercise and daily tasks, whilst also being a source of fibre, vitamins and minerals.
- Breads, potatoes, cereals, pasta, rice, noodles, fruits and vegetables (fresh, frozen, tinned or dried).

Protein

- Provide the building blocks required by muscles to grow, repair and recover, whilst also being additional sources of some vitamins and minerals.
- Red meat, poultry, fish, eggs, nuts, beans, pulses, meat substitutes, milk, yoghurts and cheese.

Fats

- Are broken down into essential, healthy (poly- and mono-unsaturated) fats and non-essential, unhealthy (saturated, trans or hydrogenated) fats.
- Butter, margarine, oil, mayonnaise, biscuits, cakes, puddings, crisps, chocolate, pastries.



Protein (15%)

↳ **Essential fats (~30%)**
primarily from dairy, meat, fish, eggs and pulses; of which just 10% is **Saturated fat** from treats.

Carbohydrates (55%)
– primarily from starchy foods and fruit & vegetables.

Nutrition / Refuelling

Macro-nutrients: Supplements are not necessary for athletes eating a diet which is balanced and in the right quantity. Particular attention may need to be paid to iron and calcium status in those individuals who may be at risk, such as vegetarians or young athletes who train hard but have a relatively small food intake.

Vitamins - essential for the normal growth and development as well as healthy maintenance of the cells, tissues, and organs of the body.

- Chronic deficiencies in any vitamin can cause long term damage to the body.
- Ensure variety of fruits and vegetables eaten for sufficient intake of Vitamins especially A,C,E.
- Supplementation with any multivitamin should NOT be started without prior consent of your GP.

Minerals - essential for growth and development, especially iron and calcium in young netballers.

Iron -- essential for a number of key functions in the body, including maintenance of oxygen transport in the blood to the muscles, the release of energy for physical activity and a healthy immune system.

- Red meat, seafood and poultry are the key sources for easily absorbed iron; whereas cereals, vegetables, legumes and nuts are not so well absorbed and may be best eaten with Vitamin C foods (e.g. fresh fruit or juice with breakfast cereal).
- Dried fruit, sweet corn, green leafy vegetables including broccoli, silver beet, spinach and Chinese green vegetables are other good sources of iron.
- Excessive tea, coffee and bran intake inhibits iron absorption; whereas low calorie diets will restrict the overall iron intake.
- Iron may also be lost in sweat and bleeding but iron supplementation should NOT be started without the prior consent of your GP; fill your diet with foods rich in iron instead.

Calcium - essential for a number of key functions in the body, including maintenance of oxygen transport in the blood to the muscles, the release of energy for physical activity and a healthy immune system.

- Typically, calcium-rich foods are dairy based such as milk, yoghurt and cheese; however other good sources include leafy green vegetables, dried fruit, almonds and beans.
- Calcium is better absorbed when eaten with Vitamin D foods such as salmon, eggs and calcium-fortified cereals.

Nutrition / Refuelling

Recommended daily intakes for active Academy individuals:

**High fat/high
sugar foods/drinks
or "treats", inc.
chocolate,
sweets, biscuits**

Choose healthy snacks

**Lean meats,
fish, eggs,
nuts, beans**

1 serving a day

**Dairy products,
including
milk, yoghurt**

2-3 servings a day

**Starchy foods
including
bread, pasta
& rice**

5+ servings a day

**Vegetables
& Fruit**

5+ servings a day

**Water
& fluids**

4-6 glasses a day

Nutrition / Refuelling

Task

Look at the contents of the shopping basket items below and identify the foods which are mainly carbohydrate, protein and/or fat.

Shopping basket contents:

White bread	Cake	Bananas	Milk
Multigrain bagel	Crisps	Sliced ham	Lettuce
Avocado	Potatoes	Chocolate	Cheese
Salmon fillet	Bran flakes	Yoghurt	Strawberries
Green beans	Mayonnaise	Olive oil spread	Carrots

Now, put together 3 healthy balanced meals – breakfast, lunch, evening meal – making sure that you have foods from each food group at each meal, whilst also adding in additional healthy snacks throughout the day.

Breakfast

Lunch

Evening Meal

.....

.....

Snacks

.....

.....

.....

.....

Nutrition / Refuelling

ORGANISATION – SHOPPING

Simply knowing what nutrients make up the food you eat is only part of it; you also need to be able to select the most appropriate foods according to their contents and this starts with good food choices in the supermarket.

Food Labels

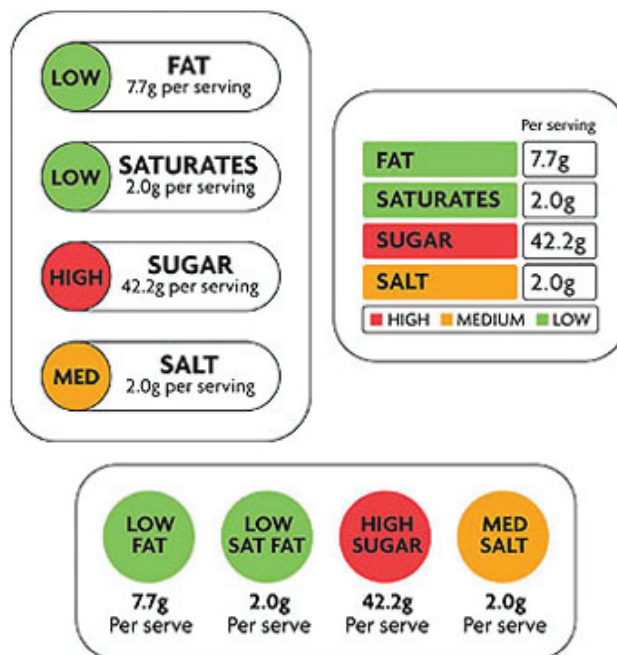
It is important that you understand how a food label is structured and what to look for in particular to make your choices easier. All pre-packed foods and drinks will have a standard food label showing nutritional information related to that product; so unpackaged fresh fruit and vegetables will not have such labels.

THE BASICS - Ingredients list

To get a feel for whether a product is high in a certain ingredient such as fat, salt or added sugars, you might need to look at the ingredients list.

Ingredients lists always start with the biggest ingredient first and are listed in descending order of weight. So, be aware of foods where fat or sugar appear in the first two or three items listed.

Some manufacturers and supermarkets have adopted the Food Standard Agency's traffic light system which makes choosing healthier options quicker and easier; examples of which are shown here:



It is worth remembering that a food showing red, or high in sugar, could simply be crammed with lots of fruits (which are naturally high in sugar like some yoghurt pots); so you may need to check the ingredients list as well to be sure.

Nutrition / Refuelling

MORE DETAIL – Nutritional Information Panels

This is an area which can make food labels very confusing with all their different terms and symbols, so the Food Standards Agency have developed an interactive label to help you work your way round them. You can find it at: www.eatwell.gov.uk/foodlabels/understandlabels

In summary, this panel provides detailed information on the energy content (kJ and kCal), protein, carbohydrate (and sugars), fat (and saturated fat) as well as maybe some vitamins and minerals. Manufacturers will normally display this information as Quantity per 100g and Quantity per serving. When comparing products, it's better to look at the 'per 100g' information before the 'per bar'/'per slice'/'per serving' information, so you have a better idea of how much is eaten regularly.

Here are some additional tips for you to use when looking at food labels and selecting foods:

Carbohydrates

- Can be a cheap way to replace or recover energy – pasta, rice, bread;
- Think about what foods you can eat with your carb's to make a really nutritious meal...

Get your 5-a-day!

- Incorporate fruit and vegetables into a meal;
- These are also great sources of carbohydrate and other essential nutrients;
- Fresh, canned, frozen are all good choices.

Low fat

- Don't trust labels which say 'reduced fat' or 'low fat' – check it:
- <10% fat (<10g of fat per 100g of food) – considered relatively low fat;
- <3-5% fat is preferable; **<4% saturated fat;**
- Some nutritious foods are >10% fat, but the fat is unsaturated - such as avocados, nuts, peanut butter and good quality, dark chocolate;

Low salt

- We all need salt but not in excess – **aim for 6g per day;**
- Some manufacturers add salt to foods – look for lower-salt versions;
- Check the label, especially on ready meals!

TASK:

- Take two items from your store cupboard at home, one of which you consider as 'healthy' and the other which is maybe a 'treat' (e.g. breakfast cereals, cereal bars or even frozen meals if you have them).
- Using the information provided in this section on food labelling and target intakes for carbohydrates, protein, fats and salt, compare your 'healthy' food with your 'treat'.
- Is your 'healthy' food really that healthy? Can you think of healthier options to have as 'treats'?

Nutrition / Refuelling

ORGANISATION – COOKING

Selecting the right foods when shopping, or from your store cupboards, is the first stage in being an organised and healthy athlete; you also need to be sure that you are able to prepare and cook a meal with those foods.

Cooking with parents, family and friends is a great way to pick up new skills and learn how to do lots of things in the kitchen. A good starting point is also to check out various websites which have very useful information.

For basic skills in preparing and cooking foods, take a look at the videos available at:

<http://www.foodafactoflife.org.uk/section.aspx?siteId=12§ionId=38>

For ideas of simple, healthy nutritious meals which all athletes (and their families & friends) can enjoy:

http://eis2win.org./pages/NP_Recipes.aspx

<http://www.ausport.gov.au/ais/nutrition/recipes>

TASK:

- Try cooking with family and/or friends one or more of the recipes you've seen at one of these websites.
- Why not have a go at devising & cooking your own recipe/meal with your favourite healthy foods!



Nutrition / Refuelling

ORGANISATION – STRATEGIC EATING

Food consumed before physical activity (in the week and hours prior) should not only prevent hunger but more importantly provide fuel to the muscles during training and competition. Although young athletes are potentially better able to effectively use fat as a fuel source than adults, carbohydrate intake is still very important in making sure the player can sustain high intensity activity for significant periods of time, as in netball.

The timing of training sessions for our young netball players – early in the morning, lunchtimes, immediately after school or even late in the evening for the older players – can make the provision of meals a challenge. Often food must not only be quick and simple to eat but also easy to digest so that they have energy for the activity and so they do not feel sick whilst they exercise.

After-school snacks and fluids – NETBALL CASE STUDY

Jess (12 years) is crazy about netball. She represents her school and plays whenever she can after school and on weekends with friends or at organised sessions at the school. She drinks very little water at school and when exercising. Even though she feels thirsty, she often 'can't be bothered' getting a drink. Jess appears to lack energy at times during afternoon lessons. She also tends to get tired and frustrated with her sport during training sessions after school. Jess eats a substantial breakfast and lunch. On the way to after school care she tends to buy lollies, chocolate and chips. Having seen older girls consuming energy drinks, she believes this will supply her with all the energy she needs. She is very active at school.

Recommendations/Goals

- drink more fluids, especially water, after activity at lunch time and after school.
- avoid energy drinks as they can cause digestive discomfort due to the massive sugar boost in one drink.
- buy fruit, sandwiches, muesli bars, cereal bars and a smaller serving of sweets or an ice-lolly, along with a flavoured water after school.

All treat foods have not been excluded and Jess is also making the effort not to dehydrate which has an impact upon concentration levels in lessons and at training.

Knowing the Glycemic Index (or GI) of carbohydrate foods can help in making appropriate food choices – foods high in the GI release their energy quickly and so are great for immediately before or after exercise (otherwise known as Fast Carbs); whilst those low in GI are harder to break down and so are great at sustaining appetite but not so good at providing quick sources of energy (also known as Slow Carbs). Therefore, it's easy to remember these basic rules:



High-GI carbohydrates
at any time around
training sessions
and/or matches



Low-GI
carbohydrates
at all other times

Nutrition / Refuelling

Examples of where different foods fall in the GI scale (with their approximate GI) are as follows:

Food	Glycemic Index (GI)
<i>Breakfast Cereals</i>	
Cornflakes	84
Rice Crispies	82
Weetabix	69
Muesli	56
Fruit n Fibre	52
All Bran	42
Porridge (with water)	42
<i>Grains/Rice/Pasta</i>	
White rice	87
Brown rice	76
Couscous	65
Basmati rice	58
Noodles	46
Spaghetti	45
Wholewheat fusilli	
<i>Breads</i>	
Baguette (white)	95
Bagel (plain)	72
White/Wholemeal sliced	70
Pitta	57
Rye	41
Multigrain/Granary	
<i>Crackers, Biscuits & Cakes</i>	
Rice cakes	85
Water biscuit	78
Ryvita	69
Shortbread	64
Digestive (plain)	59
Rich Tea (plain)	55
Sponge Cake	46

Food	Glycemic Index (GI)
<i>Fruit & Vegetables</i>	
Parsnip	97
Baked Potato	85
Broad beans	79
Chips	75
Swede	72
Watermelon	72
Mashed potato	70
Pineapple	66
Cantaloupe melon	65
Raisins	64
Boiled new potato	62
Apricots	57
Banana	55
Sweet Potato	54
Carrots	49
Grapes	46
Grapefruit	39
Apples	38
Pear	38
Dried Apricots	31
Peaches (tinned)	30
<i>Drinks</i>	
Lucozade	95
Fanta	68
Squash (diluted)	66
Orange Juice	46
Apple Juice	40
<i>Snacks</i>	
Jelly Beans	80
Tortilla/Corn chips	72
Muesli bar	61
Crisps	54
Milk chocolate	49
Peanuts	14
Yoghurt (low-fat, fruit-based, sweetened)	33

This list is NOT exhaustive

Select foods from the lists appropriately to suit your need for fuel at different times of the day and depending upon training demands. Look up other foods on any internet search engine.

Remember:

- The amount/quantity of food you consume will affect the impact upon your blood glucose;
- The protein and/or fat content of a meal will also slow down the digestion process;
- Therefore, not all high GI foods are the most appropriate post-training recovery food!

Nutrition / Refuelling

Food on the Run – Snacks for Active Individuals

If you're rushing about but want to top up your energy levels, you can still have something healthy. Here are some ideas for quick and healthy snacks that taste great at any time of day:

- toasted peanut butter and/or banana sandwich
- bag of dried fruit and nuts
- fruit smoothie - you could make your own by blending a small glass of juice with a carton of flavoured yoghurt and a banana (add ice cubes for a chilled option)
- fruit loaf
- bowl of breakfast cereal with a sliced banana and ice-cold semi-skimmed milk
- flavoured milk – but be careful of the high calorie/fat content in some
- carton of low-fat yoghurt or rice pudding
- cereal bars
- can of fruit in juice

Avoiding stomach upsets – Netball county selection match CASE STUDY

Jenny is a 15-year old who is due to take part in a selection event for the Regional Talent Development programme, where she will need to be on top form to impress the selectors. She is very excited. However, during similar events in the past she has experienced some gastrointestinal distress (nausea and vomiting) which have meant she has struggled to play at her best when it matters most.

During discussion with a sports nutritionist, it is discovered that Jenny's pre-exercise intake is very high in fat from 'treat' foods. Believing she needs lots of energy, Jenny, with the help of her grandparents, eats lollies, chocolate, flavoured milk and fizzy drinks.

Recommendations/Goals

- *plan the pre-exercise snack more carefully and remember it is a snack, not a meal. Sip water and eat a little in the one to two hours prior to exercise. Suitable foods are shown in the pre-exercise snacks list.*
- *Trial foods before training sessions, so you find foods that 'sit well' with Jenny when she is active.*
- *Keep 'treat' foods until training or the selection event or match is over and sufficient fluids have been consumed.*
- *Involve the grandparents in providing more suitable pre-exercise choices.*

Jenny was happy with these suggestions once she understood that large amounts of food high in fat before activity were upsetting her stomach. And, of course, she wasn't missing out on her 'treats', as she was able to have them when it was appropriate to eat these foods.

Nutrition / Refuelling

Eating around training sessions and matches needs to become an automatic response and viewed as part of the training process. Teaching young athletes to make good choices and establish good habits early on is much easier than having to encourage older athletes to adopt new eating behaviours and food choices.

Top tips for effective recovery

- > Start refuelling as soon as possible after training/playing, preferably in the first 30 minutes.
- > Ask yourself :
 - what food/fluid would be best for me now?
 - Am I training/playing again today?
 - When is the next chance for me to eat a full meal?.
- > This is often the time when you least feel like eating – but try! Have a smoothie or fruit juice drink if you can't actually eat solid food.
- > Best recovery gains are made for the next 2 hours after exercise with continued intake of fluids, High GI Carbs and protein foods in meals or snacks.
- > Long-term recovery takes 6-8 hours with further fluids, mod-low GI carbs and protein foods as a combination of meals and snacks.
- > If you have trained late into the evening, it is better to eat late than not at all. You still need to refuel with carbohydrates at least – but by keeping the fat and protein content of the meal down, you will speed up digestion which means your sleep will not be interrupted.
- > Meals do not have to be made up of the traditional foods at traditional times. If it suits you better on certain days (e.g. when you have late evening training), have sandwiches for breakfast and cereal as a late-night snack.

REMEMBER: Failing to recover is failing to prepare!

PRINCIPLES OF TRAINING

It is important to recognise that daily needs for food and fluids will change depending upon the activities the young athlete is participating in. As the amount of exercise a young athlete participates in rises, so will their need for food – to fuel the activities and recover their muscles. For example, at the opposite ends of the spectrum are a rest day and a tournament weekend, so it's very important that the food intake is sufficient for the days' activities. This takes planning and needs to account for carbohydrate, protein and fluid intake needs.

Many people typically turn to meat, poultry and dairy products to obtain protein. Don't forget that typical carbohydrates or plant foods such as bread, pasta, rice, breakfast cereal, legumes and lentils, also contribute significant amounts of protein to the overall diet. Remember also, that many common foods or mixed dishes are made up of these basic ingredients. For example, we sometimes forget that smoothies will be based on yoghurt or banana or both; or that meat or chicken are in the sandwich filling or pasta sauce.

Nutrition / Refuelling

PRINCIPLES OF TRAINING continued

So, you can be smart in planning meals/snacks to make sure carbohydrate, protein and fluid needs are all covered without feeling like there are vast amounts of food which need to be eaten throughout the day when activity levels peak for tournaments, for example.

Likewise, there will be 'troughs' in activity (maybe through injury) where the same quantities of food are not required and it is equally important to select the most appropriate foods, avoiding 'empty' calories (in treat foods), so that players do not eat excessively thus causing unnecessary weight gain.

At this stage in their development, young players will have to go through a trial and error process in balancing food intake with energy expenditure. Players and parents should be aware of how they 'feel' (in terms of energy levels, digestive discomfort etc.,) after having eaten certain foods or having done certain activities and so gradually learn what suits them and what preparation and recovery strategies allow them to perform at their best.

Meal planning – Netball Tournament CASE STUDY

Annie loves netball and is to attend her first under-16 tournament over a weekend in her home town. She plays wing attack (WA) and the draw has her playing three games on Saturday, with at least two, possibly three, games on Sunday.

Recommendations/Goals

Friday

- drink plenty of fluids, especially water
- as well as the usual meals and snacks during the day, eat one to two extra carbohydrate-based foods in the afternoon (e.g. cereal, bread, fruit)
- base the evening meal around rice or pasta or potatoes and fruit (e.g. spaghetti bolognese followed by a fruit salad)

Saturday

- On waking at 7am, eat a low GI breakfast (e.g. granary toast and egg/baked beans or bran flakes with a chopped banana) with water
- take planned snacks and drinks for between games – e.g. ham sandwiches, bananas, rice crackers, muesli bars, sports drink, water
- drink when time is short between matches but eat foods when there is 90 minutes or more between matches
- base the evening meal around carbohydrates, protein and fruit (e.g. chicken stir-fry and rice, with rice pudding and apricots for dessert)

Sunday

- follow a similar eating pattern to Saturday before and during games
- the team may plan a celebratory meal after the last game, but it's important that Annie rehydrates and eats some immediate energy foods before this meal.

Hydration

Why is fluid so important for health & performance?

Health

Water and fluids have many roles in the body, including:

- transporting nutrients around the body.
- joint lubrication.
- digestion & absorption of food.
- removal of waste products.
- cooling the body.

As a general guideline, young athletes need 4-6 glasses of water a day, however environmental conditions and activity levels may demand greater fluid intake. For example, extra fluid is needed in summer when they are seated in hot classrooms or taking part in school sports day. Young athletes should be encouraged to take their own water bottles to school and all training sessions or games.

While encouraging young athletes to drink more fluids, care is needed that they do not over-consume prior to a meal as this may mean that they feel full and so they may not eat sufficient food, total energy and nutrients to meet their needs for growth, repair and future activities.

Performance

During all types of exercise, heat is produced by the body which then takes steps to cool down by sweating. The sweat then evaporates and cools the body. You cannot stop your body losing fluid by sweating but you can prevent it from becoming dehydrated.

The amount of fluid lost as sweat varies between individuals and is dependent on the following factors:

- **Exercise intensity** - the harder you train, the more fluid you will require.
- **Exercise duration** - the longer your training session or competition, the more fluid you will require.
- **Temperature** - you require more fluid in hotter weather.
- **Humidity** - you need more fluid in humid conditions.
- **Hydration status** - adequate hydration before exercise will reduce the risks of dehydration.
- **Training status** - endurance training helps the body to maintain fluid balance.
- **Type of clothing** - e.g. multiple layers of clothing prevent evaporation of sweat and result in increased body temperature.
- **Individual person** - two people can do the same exercise together at the same time and one may sweat at a greater rate than the other, e.g. larger people generally need more fluid than smaller people.

So, it is important that all active individuals are aware of their own hydration levels and what works best for them in terms of staying hydrated or rehydrating after exercise.

It is important to know that players on a netball court on a cold, wet winter day can also become dehydrated as their body works extra hard to stay warm and perform exercise at the required intensity.

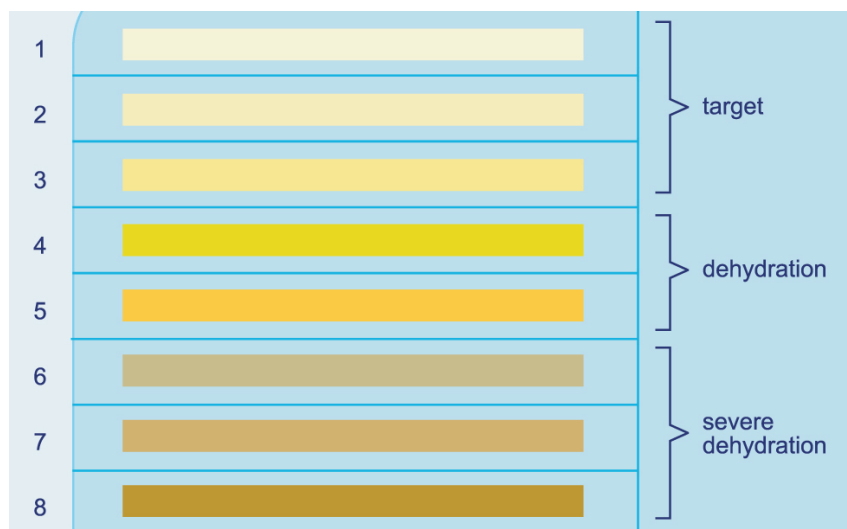
Hydration

Some useful tips for fluid replacement are:

- young athletes should arrive at training or a match fully hydrated and top up every 15-20 minutes.
- remember to drink before, during and after training; little and often is best.
- carry a full drinks bottle in your kit bag at all times for training and matches.
- check the availability and suitability of fluids at training sites and competition venues.
- drink during scheduled breaks between training, or ad hoc breaks in matches/competitions as stoppages in play allow.
- thirst is a poor indicator of the need for fluid so drink before you are thirsty to ensure adequate fluid intake.
- greater fluid intake may be achieved using flavoured and/or chilled drinks.

How to check if you're hydrated or not...

A basic way of checking if you are well hydrated or not is to look at the colour of your urine. The chart below gives a rough idea of what you should be looking for – in general, aim for your pee to be pale like straw. In particular, pay attention to how your urine colour changes from before exercise to after exercise – going from light to dark suggests that you are not drinking enough when you exercise.



However, it is important that you do not only drink water during exercise of long duration (60mins+) or of high intensity. Why? When you lose sweat during exercise, essential salts are also lost from your body in that sweat (your eyes may sting if you get sweat in your eye!).

These salts need to be replaced so that your body can actually absorb the water you drink; otherwise the water will simply make you need to go running to the loo during training!



Hydration

What are the alternatives to water?

Water is the preferred fluid with food snacks, before during and after activity – the natural salts and sugars in the foods will help the body to absorb the water taken onboard. However, there are exceptions.

So, if an individual is taking part in heavy training for 60-90 minutes or more it may be more appropriate for them to try an isotonic sports drink which contains carbohydrates (5-7g of carbohydrates per 100ml – check the label) and electrolytes (for example, Lucozade Sport or Gatorade). These drinks should not be used to replace common foods at other times but it's important to trial an athlete's response to such a drink in a training session before drinking it at a match.

WARNING: It should be noted that due to the high sugar content of sports drinks, they should either be diluted or consumed alongside plain water for two reasons – i) the rapid rise in blood glucose can cause discomfort in the gut for a young athlete, whilst ii) they can cause damage to teeth or tooth decay.

The Effects of Fluid Loss

Exercise performance can be impaired if you are dehydrated by as little as 2%. Elite athletes often monitor their own sweat losses by weighing themselves before and after training sessions so that they can better calculate how much fluid they need to drink during training to prevent dehydration. The way that they do this is shown in the table below, alongside the impact of varying levels of dehydration. Advice to athletes is to try not to lose any more than 1-2% of their bodyweight during a training session or match so that the effects on performance are kept small.

Examples of body weight loss & dehydration, based on an athlete weighing 60kg BEFORE exercise:

Post-exercise weight	Approximate fluid loss	% bodyweight lost	Impact of dehydration
58.8kg	$60 - 58.8 = 1.2\text{L}$	$58.8 / 60 = 0.98$ $0.98 * 100 = 98$ $100 - 98 = 2\%$	Thirsty; some loss in concentration; Performance starts to suffer
58.2kg	$60 - 58.2 = 1.8\text{L}$	$58.2 / 60 = 0.97$ $0.97 * 100 = 97$ $100 - 97 = 3\%$	Headache, fatigue; 10% drop in performance
57.6kg	$60 - 57.6 = 2.4\text{L}$	$57.6 / 60 = 0.96$ $0.96 * 100 = 96$ $100 - 96 = 4\%$	Nausea; Anger & frustration; Reduced capacity for muscles coordinate properly
57.0kg	$60 - 57.0 = 3.0\text{L}$	$57.0 / 60 = 0.95$ $0.95 * 100 = 95$ $100 - 95 = 5\%$	Increased body temperature; Heat exhaustion
55.8kg	$60 - 55.8 = 4.2\text{L}$	$55.8 / 60 = 0.93$ $0.93 * 100 = 93$ $100 - 93 = 7\%$	Further increase in body temperature; weakness; hallucinations
54.0kg	$60 - 54.0 = 6.0\text{L}$	$54.0 / 60 = 0.9$ $0.9 * 100 = 90$ $100 - 90 = 10\%$	Circulatory collapse

Hydration / Refuelling

Examples of body weight loss & dehydration - continued

Although it may not be convenient or appropriate for you to weigh yourself before and after training sessions, it would be a good idea to monitor the colour of your urine and adjust your drinking habits if you think you may be dehydrated.

TASK:

- write down the details of all your drinks (how much? What drink? Etc) and colour of your urine every time you go to the loo, in your training log/diary for a week. Use the information provided here about the types of drinks and how much fluid you need, to help you make any changes you think might be necessary (such as drinking more during training, or making sure you have a drink at breakfast).

Make your own isotonic sports drinks – for rehydration and refuelling

Homemade sports drinks may be a good, cost-effective alternative for some athletes/families. However, it is important to measure the ingredients accurately so that the composition of the drink is correct and will have minimal chance of causing discomfort in the gut. Try the following:



Isotonic drink 1

50-70g sugar
1 litre of warm water
1-1.5g (pinch) of salt
Sugar-free squash
for flavouring

Isotonic drink 2

200ml ordinary
fruit squash
800ml water
1-1.5g (pinch)
of salt

Isotonic drink 3

500ml unsweetened
fruit juice (orange,
apple or pineapple)
500ml water

CHECKLISTS

Top 10 nutrition tips for young athletes

1. There are no good or bad foods. Balance and moderation is the key.
2. Eat many different foods. Try new foods and flavours often.
3. Drink fluids to keep hydrated.
4. Eat enough food for growth & activity. Expect height and weight to increase.
5. Eat plenty of fruits and vegetables. Five servings a day are encouraged.
6. Regular meals and snacks are important. Breakfast is especially important.
7. Choose snacks wisely. Treat foods are okay now and then, rather than every day.
8. Eat enough foods rich in iron and calcium for growth and development.
9. Sugar has a role but use it wisely. Take care with added sugar to foods. Rely on the natural sweetness in food.
10. Balance eating with growth and activity.

Hydration / Refuelling

CHECKLISTS - continued

Kit bag ideas for refuelling snacks

1. Crackers, oatcakes, rice cakes, bread sticks.
2. Dried fruit, eg. Raisins, currants, figs, apricots.
3. Malt fruit loaf, banana loaf, scones, teacakes, Jaffa cakes.
4. Sandwiches, rolls, pitta bread (with low fat fillings).
5. Fruit, e.g. bananas, pineapple.
6. Cereal bars or plain digestives, fig rolls.
7. Low-fat smoothies or milk shakes.
8. Popcorn.
9. Fruit juices, squash or cordial.
10. Sports drink such as Lucozade Sport or Gatorade.



Filling ideas for sandwiches or toppings for toast

1. Lean roast meat or chicken with pickle, mustard, reduced fat mayo or chutney with salad.
2. Reduced fat cheese and lean ham with salad.
3. Low fat houmous with salad or roasted vegetables.
4. Tuna in brine or spring water, mixed with reduced fat mayo and sweetcorn, with salad.
5. Peanut butter and cottage cheese.
6. Egg mixed with low calorie salad cream or reduced fat mayo with salad.
7. Salmon with salad.
8. Cottage cheese or low fat cream cheese with tomato.
9. Lean ham and avocado with salad.
10. Baked beans, mushrooms and scrambled egg.



Hydration / Refuelling

CHECKLISTS - continued

Tasty jacket potato fillings/toppings

1. Tuna, tinned tomatoes, red pepper and onion.
2. Baked beans, grated low fat cheese and pepper.
3. Mushrooms, onion, tomato and basil.
4. Sliced mushrooms, onions and baked beans.
5. Cooked chicken, sweetcorn and fromage frais.
6. Tinned fish (e.g. mackerel or sardines) in tomato sauce.
7. Cottage cheese and cucumber.
8. Tinned ratatouille or spaghetti.
9. Reduced fat coleslaw.
10. Chilli-con-carne (minced beef, chilli-con-carne spice, tinned tomatoes, mushrooms, onion).



Rehydration top tips

1. Aim for at least 4-6 glasses of water a day, drinking more if you are exercising.
2. Check the colour of your urine every time you go to the loo to get an idea of your hydration.
3. If you're training really hard and struggling to maintain the intensity, try monitoring your bodyweight before and after training as a way of finding out if you're drinking enough.
4. Drink little and often of flavoured, chilled drinks.
5. Don't wait til you're thirsty – you're already dehydrated by this point!
6. Take a drinks bottle around with you always – preferably always full of water so you can drink whenever and wherever you need to.
7. Write your name on your bottle so you don't get it mixed up with someone else's and so you can keep a check on how much you're drinking.
8. Consider trying out an isotonic sports drink for those heavier training sessions.
9. Always drink water alongside sports drinks or dilute the sports drink to suit your taste.
10. Continue to drink plenty of fluids in the post-match period to rehydrate fully.



Physio: Footwear & Foot care

FOOTWEAR

For training and playing on courts, it is important to use the correct footwear. There is not one shoe that will suit every individual but there are certain guidelines to follow which should enable you to find a suitable trainer. Do not use running shoes, these are fine for running & training but are too light and do not give enough foot stability for on the court. A strong heel cup is important. You should not be able to squeeze the sides of the heel together, only a very slight movement, if any should be present. A strong heel cup helps to control the rear foot position and in turn prevents too much pronation (inward movement) or supination (outward movement).

The majority of the shoe should not be fabric; this is too light and gives no support to the foot. Leather may feel heavier but it gives much more support and so control to the foot. There should be plenty of room in the toe box; this will prevent blisters, black nails and calluses on the toes. To prevent the foot sliding around in the shoe, you will need to pad the under surface of the tongue with chiropody felt, this grips the midfoot and still allows air around the toes.

Ideally, the chosen footwear should also have a good arch support on the inner side of the shoe. If this is not possible but the rest of the shoe is ideal then you need to buy an arched insole or find a physio or podiatrist who can make a basic one for you, (this does not mean orthotics, which is another topic altogether).

When holding the shoe in one hand, you should be able to place the thumb and index finger of the other hand under the toe box of the trainer and push upwards. The toe box only should bend. If there is no flexibility (too solid) or the whole shoe lifts up (too soft) then the trainer is inappropriate.

In on holding the shoe you twist it as though wringing out a cloth of water, and the shoe easily twists, then again there is not enough support given by this type of shoe. Looking at the undersole of the shoe, if it narrows considerably in the centre of the sole then this offers very little supporting surface to the foot and is unsuitable for netball.

FOOT CARE

- Regular washing and soaking of the feet is important after training or matches. Washing to remove the sweat and then soaking in warm water with a handful of Epsom salts is very refreshing.
- Drying of the feet correctly is very important to prevent various fungal infections. Athletes foot is common in netball players due to the amount of heat and moisture around the toes for long periods of time. Change socks at quarter or half times if needed during games, and wash sock regularly and use conditioner to prevent hardening of the fabric.
- Wash all ankle braces regularly (after each match or long training session). Sweat will rot the fabric of the braces and their effectiveness will be reduced drastically.
- If you have hard skin on your feet, this is often the result of your skin building up protection against the forces it experiences. However, if this hard skin has ridges or roughening within it, then it is important to use a special foot file to smooth it down before it produces very painful deep blisters.
- Finally, keep your toenails trimmed, but cut them straight. There's nothing worse than putting all the training in that is required to be fit and then finding yourself sidelined because of an ingrown toenail.

Physio: Proprioception

Proprioception is the ability to receive input from the nerve fibres in muscles, tendons and joints and to process this information in a meaningful way in the body's central nervous system, brain and spinal cord. These nerve fibres are stimulated by movement of the body and allow the brain to know the location of each body part in space. Balance is important for you as a netball player. For example, on landing you must make sure the ankle is in a good position to bear weight when it comes into contact with the floor. Once the brain knows where the ankle is in space, it can tell the muscles how to adjust appropriately. The more often these movements are performed, then the more quickly and accurately can the muscles react. However, if the positions that are performed are with poor technique then you are training your muscles to react incorrectly and are actually reinforcing movements that could lead to injury.

If proprioception is impaired (by injury, lack of use) then your balance strategies are often unsuccessful and the risk of injury or re-injury is increased. Any balance training tasks must be specific to the type of balance strategies required by the sport. In netball, a player often lands on one leg and therefore needs good control of that limb and also of the trunk, so to have good proprioception (balance) you will also need good trunk stability. This means that to have correct body control for netball, you need to repeatedly use the nerve pathways to make muscles react quickly, repeat movement skills frequently and also the muscles need to have been taught the correct movement pattern for the required skill in the first place. Always use correct technique.

How to introduce Proprioception into training

BALANCE

- Start with static training before moving onto more complex dynamic work.
For example: Single leg standing (don't let other hip drop) . Begin with eyes open and then eyes closed. Build up to a minute. Repeat with other leg.
- Use the lines of the court and stand with one foot in front of the other on a line, then bend the knee approximately 30 degrees and keep your kneecap over the outside 3 toes.
Hold for about 15 seconds.
- Still on lines of the court, push up on toes and keep balance for 15 seconds, then place other foot in front and repeat.
- Single leg stand, (a) throw netball up, (b) to each side, (c) against a wall and maintain balance.
Repeat on other leg.
- Single leg stand, throw netball to another athlete using a variety of passes, distances and either hand. Repeat on other leg.

MOVEMENT CONTROL

- Suck your stomach muscles up and in whilst throwing a ball and whilst practicing dodging.
Squeeze the cheeks of your bottom together, regularly whilst training.
- When landing, keep upright and keep the knee in line with the foot (correct alignment).
Don't let the knee roll in or move forward of the foot. Also ensure that the hips and knees bend and do not land with rigid knees.
- Remember to use correct technique during all weight training and fitness sessions, not just whilst you are on court.

Physio: Recovery

Recovery is a priority. You must promote active recovery rather than passive recovery. That is, you must get the blood flowing through the muscles by stretching your muscles and joints. Try to use hydrotherapies (see below) to stimulate circulation.

(Passive recovery includes forms such as sleep, meditation, reading, listening to relaxing music)
Active recovery activities are selected to fulfil two main tasks. They can either help recover the physiological state of the athlete, eg, light walking or cycle to recover the lactate system (waste products in the lower limbs) or they can focus on musculoskeletal recovery, eg, stretching and exercises to promote postural efficiency (core stability work).

Cross training can often be used as a form of active rest providing the work intensities are modest (light aerobic) and the exercises undertaken are different to those normally performed in training. Pool work, particularly backstroke and sidestroke are ideal.

HYDROTHERAPIES

Hot / Cold sessions

These should freshen you up!

- 2 mins hot shower, then 10 - 30 secs of cold shower.
- Repeat 3–5 times. This technique can be used before and after training and matches.

Cold water immersions (ice baths!!!)

- Shower fully before immersion.
- Use a clean paddling pool, bin, container or bath filled with cold water, add ice!!
- Stand, kneel or sit in for 1 minute.
- Step out and lightly massage legs or body part for one minute whilst in warm shower.
- Repeat twice more. Finish with the cold session.

Spa pools / Jacuzzi / whirlpool / sauna

- Only to be used after games, not before. Do not linger in the warmth.
- Rehydrate before, during and after session.
- Clean skin with soap and shower off beforehand.
- Alternate hot (1–2 mins) then cold (10 - 30 secs) repeat x 3.
Or spa/bath (3–4 mins) then cold (30 - 60 secs) repeat x 3. Shower and rehydrate to finish.

When to use?

Showers can be used anytime i.e. before, during and after a session. Spas and baths are best left until the end of the day.

DO NOT USE IF YOU HAVE A VIRUS, COLD OR RECENT SOFT TISSUE INJURY

*Appropriate care in the first day or two after injury can reduce the time you're sidelined by it. Should you suffer a sprain, strain, pull, tear or other muscle or joint injury, treat it with **R.I.C.E.** - Rest, Ice, Compression and Elevation. R.I.C.E. can relieve pain, limit swelling and protect the injured tissue, all of which help to speed healing. After an injury occurs, the damaged area will bleed (externally or internally) and become inflamed. Healing occurs as the damaged tissue is replaced by collagen, perhaps better known as scar tissue. Ideally, the scar tissue needs complete repair before a full return to sport is recommended.*

Physio: R.I.C.E.

The R.I.C.E. Method of Acute Injury Treatment Includes:

- **Rest:** If you have a sports injury the first thing to do is to prevent further injury or damage. This means you should stop activity and look for the cause of the injury. Once you determine what is wrong, you can start immediate treatment. Resting is also important immediately after injury as your body needs to rest so it has the energy it needs to heal itself most effectively.
- **Ice:** Use ice bags, cold packs or even a bag of frozen peas wrapped in a thin towel to provide cold to the injured area. Cold can provide short-term pain relief. It also limits swelling by reducing blood flow to the injured area. Keep in mind, though, that you should never leave ice on an injury for more than 15-20 minutes at a time. Longer exposure can damage your skin. The best rule is to apply cold compresses for 15 minutes and then leave them off for at least 20 minutes to two hours. (Read The Proper Use of ICE).
- **Compression:** Compression limits swelling, which slows down healing. Some people notice pain relief from compression as well. An easy way to compress the area of the injury is to wrap a bandage over it or have it strapped. If you feel throbbing, or if the wrap just feels too tight, remove the bandage and re-wrap the area so the bandage is a little looser.
- **Elevation:** Elevating an injury reduces swelling. It's most effective when the injured area is raised above the level of the heart. For example, if you injure an ankle, try lying on your bed with your foot propped on one or two pillows.

After a day or two of R.I.C.E., many sprains, strains or other injuries will begin to heal. But if your pain or swelling does not decrease after 48 hours, make an appointment to see your physiotherapist or go to your G.P / A+E, depending upon the severity of your symptoms.

Please consult a physiotherapist to assess all injuries prior to returning to full match play to prevent worsening of symptoms and injury reoccurrence.

TIPS FOR EARLY STAGES OF RECOVERY – (day 2-5 dependant on diagnosis/severity of injury-speak with physio)

Once the healing process has begun, very light massage may improve the function of forming scar tissue, cut healing time and reduce the possibility of injury recurrence.

Gentle stretching can be begun once all swelling has subsided. Try to work the entire range of motion of the injured joint or muscle, but be extremely careful not to force a stretch, or you risk re-injury to the area. Keep in mind that a stretch should never cause pain.

Heat may be helpful once the injury moves out of the acute phase (OVER 72 HOURS) and swelling and bleeding has stopped. Moist heat will increase blood supply to the damaged area and promote healing.

Finally, your physiotherapist can guide you further with strength and higher level rehabilitation after the injury has healed.

THE PROPER USE OF ICE

A new report published in the October issue of British Journal of Sports Medicine cautions against keeping bags of ice on bare skin for too long. While exposure to cold can ease pain and swelling, ice packs can also stop blood flow if left on the skin too long. **Researchers say Ice packs should not stay on the skin longer than a 15 mins**, and if the only cold compress available in the house is a bag of frozen vegetables, be sure to wrap it in a towel. If the injury occurs in an area with little fat or muscle beneath the skin, such as a toe, take the compress off after 10 minutes maximum.

Strength & Conditioning

What is strength & conditioning?

“The complete physical preparation of your body to optimise your performance on the netball court”

What does a typical programme involve?

Strength: *2 times per week*

Strength training develops your nervous and muscular systems to increase your body's ability to produce and deal with forces. It will also assist in the prevention of injury and development of good posture. This is important for netball as you will have more control of your body, a greater potential to develop your technical skills and will be better equipped to jump & land, sprint & stop and change direction.

Conditioning: *2-3 times per week (can include a tough netball session or another sport)*

Conditioning sessions look to develop your cardiovascular (heart & lungs) and muscular systems to a level where you are able to maintain the required intensity throughout a netball match. This can be achieved through continuous or interval work in a range of ways including running, cycling, rowing, pool work and circuits.

Speed & Agility: *1-2 times per week (can include a movement specific netball session)*

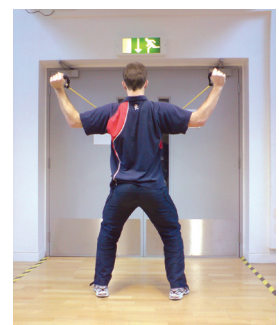
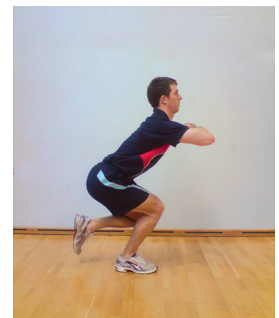
Speed & agility sessions look to develop your movement skills. This may involve improving your speed off the mark, footwork patterns, and ability to change direction or get free. This also includes controlling your body in the air and will clearly improve your performance on court.

Injury Prevention: *Daily (should be included in warm-ups before netball sessions and at home)*

Proprioception exercises help to develop your spatial awareness and knowledge of your body's movements through space. This includes balance and co-ordination exercises and is important for netball as you will have more control of your body on court.

Core & general postural exercises help to develop key muscle groups around your shoulders, torso (spine & abdominals) and hips (glutes) that hold you in the strongest and most stable body positions. The exercises should be specific to your individual weaknesses. This is important for netball as you will be more efficient in all movements and reduce the risk of injury.

Flexibility work helps to develop your range of movement, posture, and muscular balance. This can include a range of static, dynamic or assisted stretching specific to your body's needs. This is important for netball as it may help you reach ball and get into positions that were previously not possible without the risk of injury.



Strength & Conditioning

Example of a weekly program

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	Injury prevention exercises	Injury prevention exercises	Injury prevention exercises	Injury prevention exercises	Injury prevention exercises		
PM	Strength	Speed & agility	Conditioning - Pool Intervals?	Strength	Conditioning - Other sport?	Match? Day off? Other session or sport?	Match? Day off?
Eve	Netball practice?			Netball practice?			

YOUR weekly program

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM							
PM							
Eve							


Weekly Programme

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM							
PM							
Eve							


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM							
PM							
Eve							

Daily Record


Week beginning	Week number


1 = Excellent

2 = Very Good


3 = Good

4 = OK


5 = Poor

Monday	Endurance	1	2	3	4	5
	Speed / Agility	1	2	3	4	5
	Resistance	1	2	3	4	5
	Motivation	1	2	3	4	5
	Muscle Soreness	1	2	3	4	5
	Health	1	2	3	4	5
	Nutrition	1	2	3	4	5
	Energy Levels	1	2	3	4	5
	Quality Of Sleep	1	2	3	4	5
	Other	1	2	3	4	5

Tuesday	Endurance	1	2	3	4	5
	Speed / Agility	1	2	3	4	5
	Resistance	1	2	3	4	5
	Motivation	1	2	3	4	5
	Muscle Soreness	1	2	3	4	5
	Health	1	2	3	4	5
	Nutrition	1	2	3	4	5
	Energy Levels	1	2	3	4	5
	Quality Of Sleep	1	2	3	4	5
	Other	1	2	3	4	5

Daily Record



Wednesday	Endurance	1	2	3	4	5
	Speed / Agility	1	2	3	4	5
	Resistance	1	2	3	4	5
	Motivation	1	2	3	4	5
	Muscle Soreness	1	2	3	4	5
	Health	1	2	3	4	5
	Nutrition	1	2	3	4	5
	Energy Levels	1	2	3	4	5
	Quality Of Sleep	1	2	3	4	5
	Other	1	2	3	4	5

Thursday	Endurance	1	2	3	4	5
	Speed / Agility	1	2	3	4	5
	Resistance	1	2	3	4	5
	Motivation	1	2	3	4	5
	Muscle Soreness	1	2	3	4	5
	Health	1	2	3	4	5
	Nutrition	1	2	3	4	5
	Energy Levels	1	2	3	4	5
	Quality Of Sleep	1	2	3	4	5
	Other	1	2	3	4	5

Friday	Endurance	1	2	3	4	5
	Speed / Agility	1	2	3	4	5
	Resistance	1	2	3	4	5
	Motivation	1	2	3	4	5
	Muscle Soreness	1	2	3	4	5
	Health	1	2	3	4	5
	Nutrition	1	2	3	4	5
	Energy Levels	1	2	3	4	5
	Quality Of Sleep	1	2	3	4	5
	Other	1	2	3	4	5

Daily Record



Saturday	Endurance	1	2	3	4	5
	Speed / Agility	1	2	3	4	5
	Resistance	1	2	3	4	5
	Motivation	1	2	3	4	5
	Muscle Soreness	1	2	3	4	5
	Health	1	2	3	4	5
	Nutrition	1	2	3	4	5
	Energy Levels	1	2	3	4	5
	Quality Of Sleep	1	2	3	4	5
	Other	1	2	3	4	5

Sunday	Endurance	1	2	3	4	5
	Speed / Agility	1	2	3	4	5
	Resistance	1	2	3	4	5
	Motivation	1	2	3	4	5
	Muscle Soreness	1	2	3	4	5
	Health	1	2	3	4	5
	Nutrition	1	2	3	4	5
	Energy Levels	1	2	3	4	5
	Quality Of Sleep	1	2	3	4	5
	Other	1	2	3	4	5

Weekly summary	Endurance	1	2	3	4	5
	Speed / Agility	1	2	3	4	5
	Resistance	1	2	3	4	5
	Motivation	1	2	3	4	5
	Muscle Soreness	1	2	3	4	5
	Health	1	2	3	4	5
	Nutrition	1	2	3	4	5
	Energy Levels	1	2	3	4	5
	Quality Of Sleep	1	2	3	4	5
	Other	1	2	3	4	5

Injury Report

NAME

SQUADPOSITION

Please circle the relevant option

INJURY

1. Did it happen whilst..

Home Training Fitness Training School Training Club Training Academy Training

2. Time of Injury

Training

Warm up 0 – 15mins 16 – 30mins 31 – 45mins 46 – 60 mins

61 – 75mins 76 – 90mins 91 – 105mins 106 – end session Cool down

Game

Warm up 0 – 15mins 16 – 30mins 31 – 45mins 46 – 60 mins Cool down

3. Playing Surface

Sprung Concrete Block Other

4. Equipment being used when injury occurred

Taping Joint Support

Type of footwear

Age of footwear

New (0-1mth) Moderate (2-6mths) Old (7-12+mths)

Injury / Illness Log

Date	Injury Details	Assessed by	Recommended Treatment	Return to comp

Match Report

Fill in the white boxes

Date: Date of match.

Match For: School / Club / NTL.

Versus: Team played against.

Result: Won or lost and the score.

Positions Played: Fill in Qtr by Qtr if you didn't play in a Qtr put DNP.

Who Against: Who was your opponent (if known).

Self Rating: Out of 10 (10 being the highest) how do you think you performed against your opponent.

Shooting Stats: Record Quarter by Quarter, for example; 1st 9/10 2nd 7/9 etc.

Overall: Add together all 4 Quarter.

Percentage: Work out your shooting %, (total scored divided by total attempts, multiplied by 100).

Self Reflection: a few words on how you think you performed, strengths and weaknesses.

Coaches Points: feedback off coach.

Date:					Match For:							
Versus:					Result:							
Positions played:	1st:		2nd:		3rd:		4th:					
Who against:					Self Rating:							
Shooting stats:	1st:		2nd:		3rd:		4th:		Overall:		%:	
Self Reflection												
Coaches Points												

Match Report

Date:					Match For:		
Versus:					Result:		
Positions played:	1st:		2nd:		3rd:		4th:
Who against:					Self Rating:		
Shooting stats:	1st:		2nd:		3rd:		4th:
					Overall:		%:
Self Reflection							
Coaches Points							

Match Report

Date:					Match For:		
Versus:					Result:		
Positions played:	1st:		2nd:		3rd:		4th:
Who against:					Self Rating:		
Shooting stats:	1st:		2nd:		3rd:		4th:
					Overall:		%:
Self Reflection							
Coaches Points							

Where next?

Congratulations on completing a season in your County Academy!

I am sure it has been fun packed but also hard work. Hopefully you have learned a lot from the coaching you have received and hope that you are applying all the new skills you will have acquired into your competitions at club and school.

Below is England Netballs Player Pathway, and as you can see you are currently on that pathway and hopefully from this you can set yourself targets on where to next.....

