



Club Handbook 2015/2016 Season

Welcome to Leeds Athletic Netball Club

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NB – whilst we aim to keep this handbook up to date, from time to time details change, so use the website, especially for the calendar and for contact details.

Welcome to Leeds Athletic Netball Club

Thank you for your interest in one of Yorkshire's, and England's, most prestigious and successful clubs. We hope that you will enjoy your time with Leeds Athletic, and take advantage of the excellent coaching and training facilities to develop yourself as a netball player, as a club member and an individual.

LANC is a high performance club, with its roots back in the 1970s. We have squads ranging from u11s through to seniors and play in the West Yorkshire League (Junior and Senior), Senior Regional League, Northern League and Division 1 of the Premier League. In fact we have about 11 teams playing in 8 leagues! Premier League is the highest level of netball in the UK below Superleague and members of the u17, u19, u21 England squads, and Senior England players regularly compete in this league.

Our senior squads are very strong finishing a creditable 5th in the Premier League top division, 2nd in Northern League, 2nd in WY Super league and top half of Snr Regional League, for the 2014-15 season. We also finished well in Netball Nights league. We have players in all parts of the England pathway, right from seniors through to county and district squads. We have a very close alliance with Yorkshire Jets Superleague franchise, who had their best season ever last year.

Our junior squads are very strong:

- U11A were runners up in the West Yorkshire HiFive League, with U11B finishing mid table
- U12A won West Yorkshire League and were runners up in the Yorkshire Regional Competition
- U12B finished mid table in West Yorkshire League. U12 were also runners up in a Disney Paris Tournament.
- U14 won West Yorkshire League, the Yorkshire Regional Competition, and were placed 4th nationally at the 2015 National Netball Clubs Championships. U14 were also runners up in a Disney Paris Tournament and performed brilliantly in an adult league through the winter!
- U16 won both West Yorkshire League and Yorkshire Regional Competition, and were placed 4th nationally at the 2015 National Netball Clubs Championships.

We have a talented coaching team, lead by Head Coach Anna Carter (ex England player, Head Coach to Yorkshire Jets Superleague squad). Kylie Paynter, former SL player and Welsh international, is head of juniors. The club provides great role models for the younger girls. We are extending our training sessions for U12 and above to 2 hours each.

We encourage you to take advantage of the coaching and playing opportunities we provide, and to develop yourself to play at the highest level you can. We also encourage players to learn to umpire and coach, these are both valuable skills, and good, experienced umpires and coaches are highly sought after. The club was awarded CAPS Bronze status during 2013/14 season (and reaccredited in 2014/15), which includes safeguarding, player and coach development etc. In future years, we will aim to achieve higher CAPS status

On the social side, we occasionally arrange parties and BBQs to which all players and their families are warmly welcomed. We also support charity events and are always grateful for volunteers of all ages to help out. Please visit the website regularly (www.leedsathleticnetballclub.org.uk) and follow us on twitter (@LeedsAthleticNC) to keep up to date with what is happening and how you can get involved.

The club is largely run by volunteers and we are always looking for people to get involved and help, on court (coaching, umpiring, scoring etc), off court (admin, social events, match day support etc). If you are able to help, please contact Mariana. All the managers, coaches, officials and other support staff give their time generously to make the club a success. Please remember this when liaising with them and please treat them all with the respect they deserve.

Mariana Pexton, Chair of Leeds Athletic & Anna Carter, Head Coach of Leeds Athletic

Leeds Athletic Netball Club – At a glance - 2015-16 Season

Team	Age group	Primary Competition
Premier League	Seniors/Open	England Netball Premier League 1 (Sunday matches)
Northern League	Seniors/Open	Northern League (Sunday matches)
Senior Regional League	Seniors/Open	Yorkshire Netball Regional (Sunday matches)
West Yorkshire League	Seniors/Open	West Yorkshire Superleague (Saturday matches)
U16	Schools years 10-11	West Yorkshire League to qualify for Regional and then Nationals (Sunday matches)
U14 (two teams A&B)	Schools years 8-9	West Yorkshire League to qualify for Regional and then Nationals (Sunday matches)
U12 (1 team til Xmas then 2)	Schools years 7	West Yorkshire League to qualify for Regional Tournament (Sunday matches)
U11 (two teams A&B after Xmas)	Schools years 5-6 mainly	West Yorkshire League HiFive after Xmas (Sunday matches)
Netball Nights	Senior/Open	Summer league and Winter league (Wednesday Night matches at Leeds Beckett)

LANC training calendar 2015/16U12 & U14 & U16/senior Thursday night -

- Training starts 3/9/2015 & finishes 17/12/2015
- Training starts 7/1/2016 & finishes end April (TBC)
- No breaks for half terms or Easter

U11 Sunday morning -

- Training starts 6/9/2015 and finishes 20/12/2015. No training 1/11/2015 for half term
- Training starts 10/1/2016 and finishes end April TBC. No training on 21/2/2016 or half term and 27/3/2016 for Easter

Training times and venues –

- U11 train at Leeds Beckett University on Sunday mornings, 9:00am - 10:30am
- U12 train at Gateways on a Thursday Night between 6-8pm.
- U14 train at GSAL 5:45pm--7:45pm
- U16 and Senior train at GSAL on a Thursday 7:45-9:45pm.

Match fees – per quarter played

- Premier & Northern League £2.00
- WY and Regional League Senior £1.50
- Junior matches - £1.40
- Netball Nights £1.40

Coaching arrangements –

- Head coach – Anna Carter
- Head of Juniors – Kylie Paynter
- Seniors coach – Maggie Birkinshaw
- Head of Premier - Vicky Palmer
- Head of Northern – Jan Hemsley
- Specific age group coaches (supported regularly by Kylie and/or Anna) likely to be:–
 - o U11 Lucy Richardson
 - o U12 John Hipshon
 - o U14 Kylie Paynter and Beccy Lewis
 - o U16 Rochelle Powell
 - o Parental support will be needed on some match days where coaches have playing commitments
- Additionally, there will be other Superleague and university girls involved.

Club fees – (see section 3 for more detailed information)

- U11 - £195
- U12 - £205
- U14 - £215
- U16 - £225
- Senior - £230 (year 12 and above, ie over 16)
- Superleague TBC

Section 1 – Code of conduct

When you join Leeds Athletic Netball Club, you sign up to the code of conduct set out below, as well as other policies that England Netball has in place, such as anti-bullying and whistleblowing. Please respect this to help with the smooth running of training sessions, matches and the club generally. Anyone not complying with club policies and the code of conduct will be dealt with in an appropriate manner. At its worst, this could mean being asked to leave the club

Code of Conduct for Supporters

- Encourage adherence to the rules and playing within them.
- Support involvement and help enjoyment of the sport.
- Publicly accept officials' judgments, including that of coaches.
- Discourage unfair play and dissent with officials.
- Set a good example by recognising fair play, applauding the good performances of all.
- Never punish or belittle participants for losing or making mistakes.
- Use correct and proper language at all times.

Code of Conduct for Parents/Guardians

- Encourage your child to learn the rules and play within them.
- Ensure you know where and when matches will be played.
- Never force your child to take part in sport.
- Support your child's involvement and help them to enjoy their sport.
- Publicly accept officials' judgments, including that of coaches and club admin.
- Discourage unfair play and dissent with officials.
- Set a good example by recognising fair play and applauding the good performances of all.
- Help your child to recognise good performance, not just results.
- Never punish or belittle a child for losing or making mistakes.
- Use correct and proper language at all times.
- Reply promptly to emails and other communications.
- Visit the website regularly for up to date information and pay fees promptly.

Code of Conduct for Players

- Attend training regularly and be available for competitions.
- Inform your captain or coach or team admin of delay or absence promptly.
- Pay fees promptly.
- Know the date, time and venue of training sessions and matches.
- Maintain an enthusiastic and positive attitude at training and matches.
- All mobile phones must be switched off before the start of training sessions and matches.
- Bring sufficient water/snacks to training sessions and matches.
- Arrive in plenty of time for training and matches.
- Start your own warm up on arrival at training and matches.
- Be appropriately attired (sports shirt, skirt or shorts and trainers, short nails, long hair tied back, no jewellery) for training sessions and match play, as agreed with the captain or coach.
- Remember your kit bag, water, towel, medication (if required) etc.
- Be aware of the rules of the game as issued by England Netball and play accordingly in the spirit of the game.
- Display sportsmanship. Listen to advice. Respond to instruction.
- Enjoy and aspire to the highest standard of play to which you are capable.
- Treat team-mates, coaches, umpires, other members of the club and opponents with respect.
- Ensure everyone is included, even if they are not your school friends.
- Accept the fact that you may not be selected for a match, or may be substituted during a match
- Respect officials, and accept their decisions, including those of coaches.
- Never use bad language or insult opponents, coaches or spectators.

Section 2 – Important information

Photograph/Video Permission

From time to time, we may wish to take photographs/videos of members of LANC, to be used as publicity for LANC (local paper, England Netball Magazine, LANC website etc), publicity for an event, or to be used as a visual aid for the players/coaches when analysing technique or skills. In order to do this, we need your permission. When a player registers to play for LANC, they must complete a LANC Player Registration Form. This form includes a request for permission to use images of players as outlined above. Players or parents/carers (for players under the age of 16) must complete this form and agree/decline permission.

Training details

U11 train at Leeds Beckett University on Sunday mornings, 9:00am - 10:30am.

U12 train at Gateways on a Thursday Night between 6-8pm.

U14 train at GSAL on a Thursday night between 5:45-7:45pm

U16 and Senior train at GSAL on a Thursday 7:45-9:45pm (NB note there will be some additional U16 only sessions on a Friday evening, once a month)

Kit

Match Playing Kit

- U11 - LANC t-shirt, black shorts, short white socks, optional hoody and track suit. Black sports bra, hair tied back with a black bobble.
- U12 - LANC dress, black shorts, short white socks, optional hoody and track suit. Black sports bra, hair tied back with a black bobble.
- U14, U16 and Seniors - LANC dress, black shorts, short white socks, hoody and track suit. Black sports bra, hair tied back with a black bobble.

Players in U14 and above must purchase a LANC dress that can be worn for matches. U12 players are recommended to purchase a LANC dress but the club may have some spare dresses that can be borrowed on a game by game basis. Borrowing kit will need to be agreed with the appropriate age group admin.

LANC t-shirts, dresses, hoodies and tracksuits can be ordered through the Kit Secretary, Louise Boocock (maboocock@sky.com). Please note that kit must be ordered early in the season. Delivery times can be very long and LANC do not have any control over these.

We recognise that kit can be expensive, especially for growing children so we are hoping to be able to provide a 'nearly new' kit shop at certain training sessions, where players can drop off kit that is in good condition but no longer required, which can then be sold. The original owner will receive 75% of the 'nearly new' sale price, with the remaining 25% going into club funds.

Training Kit

All players should wear black/navy shorts or skins, and black or white t-shirt/vest top, short white socks. No other coloured kit should be worn at training. Black sports bra, hair tied back with a black bobble.

Kit Bag

For U14 and above, kit bags should contain at least : Towel, Snacks and water/drinks, Spare kit/bobble, Trainers, Track suit/hoody/warm clothing for before/after matches, Basic first aid, eg plasters, scissors, nail file, medication (if needed), strapping (if needed), Toilet bag

Section 3 – Fees

All players are expected to pay their subscription fees promptly in early September. U14/U16/Senior fees are payable in full at the beginning of the season. Recognising that U11s may be new to netball and U12 is a transitional year through to 'performance' level, U11 and U12 fees will be payable in full at beginning of season, or in two instalments (early September and early January). Players joining later in the year will pay the proportionate instalment plus an admin fee that will also cover affiliation costs/overheads.

Fees paid to LANC include the player's England Netball (EN) affiliation fee and West Yorkshire affiliation fee which LANC then pays on the player's behalf. The EN affiliation fee also includes insurance, subscription to Netball magazine, etc. Fees also cover hall hire, coaching, equipment etc. Fees do not cover the costs of training/playing kit or match fees. Fees cover training up to late April/early May. Any additional training sessions for specific age groups/competitions after that will be charged separately.

Fees will only be refundable in exceptional circumstances e.g. serious illness or serious injury. If there is a difficulty with fees, please talk to Mariana or Susie.

NB – If players have not paid their fees, they will not be covered by England Netball insurance and we are unable to let uninsured players train or play matches

Fees for 2015/16 season are as follows.

U11 - £195 season (payable in 2 instalments),

U12 - £205 season (payable in 2 instalments)

U14 - £215 season (payable in 1 instalment)

U16 - £225 season (payable in 1 instalment)

Seniors - £230 season (payable in 1 instalment)

Players selected for matches will be charged match fees. Match fees cover the cost of league entry, hall hire, umpires, etc. and will vary depending upon the costs of each league and the amount of playing time per player. Match fees for 2015/16 season are as follows:

Premier and Northern League - £2.00/quarter played

Regional and West Yorkshire Leagues - £1.50/quarter played

Junior matches - £1.40/quarter played

Netball Nights - £1.40/quarter played

Match fees must be paid in cash on the match day and will be collected by the appropriate coach/admin.

Additional Costs

Players are responsible for their own travel and accommodation costs. From time to time, we will enter squads into tournaments in order for them to gain experience of playing a variety of competition. Additional fees will be payable for these to cover entry costs etc.

Financial Considerations

No player should be prevented from joining the Club, traveling to matches or playing in matches because of financial hardship. We appreciate that, in certain circumstances, costs can be considerable. If a player or parent has difficulty with the fees or other costs, please speak to Mariana or Susie.

Section 4 – Communications

One of the strengths of LANC, because we are a big club, is our website and communications approach. We use Twitter fairly actively and the website, as well as a club update usually issued weekly. The website contains all the fixtures and training dates on a Google calendar.

There is a news item, which contains key features and pictures. We also use online entry for trials and hope to have online payment facilities in time for the 2015/16 season. A weekly bulletin is issued during the busy bits of the season so that everyone is updated with results and developments.

We are keen that players/parents send news items and pictures so that the website is live and dynamic. Please use your age group admin for this advice.

We also have a twitter account that is used for information about training and matches. Please follow this @LeedsAthleticNC

Contact information is contained on the website and it is used for any important messages, eg training or matches affected by the weather. Directions for the main venues are also contained on the website.

We are looking at piloting a new Sports App for a couple of age groups that will help us manage teams better and that will push messages to players/parents via text.

It is the player/parent responsibility to use the website for information. Please don't email unless you cannot find the information on the website.

Ideally, we want pictures and information from the girls to help make the website more interesting. We will also be starting a Player Advisory Group to help decide about club developments and help deliver things as well.

Section 5 – Selection Policy

One of the great strengths of LANC is our ability to offer competitive match play at many different levels. Selections for match play can be made for a variety of reasons apart from just winning. Junior players may be selected for senior matches in order to gain experience, and players may be rotated during a match in order to test different combinations.

Following trials held in September, successful players will be accepted into one or more squads. Each squad has a nominated Coach and/or Team Admin. The Coach's primary responsibility is the selection and performance of their squad. The Team Admin's primary responsibility is to assist the Coach with all other administrative matters of running their squad.

Selection of a player into a particular squad does not automatically mean that the player will be selected for match play. The selection of the playing squad for a particular match rests solely on the decisions of the coaching team, directed by Head Coach Anna Carter. These decisions should be respected, especially by parents.

Any suggestions, comments or concerns related to squad or match play selection should be directed solely to Anna, a.m.carter@leedsbeckett.ac.uk.

Players are expected to attend all training sessions, and all matches for which they are selected. If for any reason a player is not able to attend a training session or a match for which she is selected, she must contact her Coach and Team Admin as soon as possible. If a player knows in advance that she will not be available for selection (eg school field trip), she must let her Coach and Team Admin know as far in advance as possible.

Players who do not attend training regularly, or who break the Code of Conduct of the club, may rule themselves out of selection.

Other important policies

We believe it is important to follow the England Netball approach on important policies, we do not repeat these in full here, but do expect that you refer to these links on the EN website, as part of reading the Handbook and committing to the club.

Anti bullying and Harassment Policy

http://englandnetball.uat.quba.co.uk/Libraries/Inline_Documents/Anti_Bullying_and_Harrassment_Policy_17.sflb.ashx?download=true

Whistle Blowing Policy

http://www.englandnetball.co.uk/Libraries/Inline_Documents/Whistleblowing_Policy_2_4.sflb.ashx?download=true

Equity policy

http://www.englandnetball.co.uk/Libraries/Inline_Documents/Equality_Policy_new_1.sflb.ashx?download=true

Section 6 – Detailed League information

Senior Leagues

Introduction

LANC Senior squads compete in National Premier League Division 1, Northern League, Yorkshire Regional League and the top division of the West Yorkshire League. Usually, players must be at least 16 years old to compete in these leagues.

Trials for Senior players are held each August /September and selected players are expected to attend weekly training sessions, held at the Grammar School at Leeds (GSAL). Players may be selected to compete in more than one league, depending upon their ability and the regulations applying to that league.

National Premier League : The National Premier League, founded at the beginning of the 2006/7 season, is run and managed by England Netball. Initially run as two divisions, the league was expanded in the 2010/11 season to accommodate a 3rd division. Premier League Netball is the highest level of club netball in the country and the teams that make up the 3 divisions have come through a grueling county, regional and national pathway to take one of the coveted 30 places.

The LANC squad competes in the 1st division and travels the country throughout the season (Sept – May). Teams compete against each other on a home and away basis usually on a Sunday. Match reports for all Premier League games are written and can be viewed on the England Netball website.

England u17, u19, u21 and Senior England players regularly compete in this league and players from other LANC squads are positively encouraged to come and support their team. All home matches are on Sundays at Leeds Beckett University, (formerly Leeds Metropolitan University) starting at 12:30pm. Admission is free (although a small donation to LANC club funds would be appreciated) and refreshments are available.

Northern League : The Northern League is a single division league, comprising teams from the three Northern Regions, ie, North East Region, North West Region and Yorkshire Region. It offers a high level of quality competition whilst also preparing teams and their players to possibly compete in England Netball's National Premier League.

It is organised by the Northern League Management Board, which comprises representatives from all three Regions. Participation is limited to a maximum of 10 teams and teams play on a home and away basis throughout the season (Sept – Apr).

At the end of each season, the team that wins the league may, subject to their own Region's criteria and eligibility, have the opportunity to be nominated by their Region to compete in the Premier League Division 3 play-offs. The team that finishes 10th is automatically relegated back into their Regional League, while the 9th placed team must compete with other aspiring Northern League teams in the play-offs in order to retain their place.

The league is performance based but friendly with the home team players providing after match refreshments for all players and officials.

Yorkshire Regional League : Yorkshire Regional League is a single division league run by the Regional League Management Board. Participation is limited to 10 teams (2014/15 season) and teams play each other once throughout the season (Oct – Mar) at a central venue. Each season, the team that wins the league has the opportunity to progress (through playoffs) to compete in the Northern League. The team that finishes 10th is automatically relegated back to their County League. The team that finishes 9th may

(through playoffs) remain in the Regional League for the following season or may be relegated to their County League.

West Yorkshire Senior League : The West Yorkshire Senior League comprises 7 divisions of 10 teams per division and is run by the West Yorkshire League Committee. The divisions are called WY Super League, (not to be confused with Superleague), WY Premier League (not to be confused with Premier League as above), and then Divisions 1 through 5.

A LANC squad plays in top division (Super League) and matches are played on Saturdays at centralised venues across the West Yorkshire region. At the end of each season, teams may be promoted or relegated according to their finishing position within the League overall and the League regulations.

The league is mainly adults, although children over the age of 14 are eligible to play.

Netball Nights League. This season, we will be entering two teams into the local Summer Netball Nights League and one into the Winter Netball Nights league. Matches are on Wednesday evenings and are played at Leeds Beckett University (formerly Leeds Metropolitan University). The teams may be mixed age may include both senior and junior players. The intention is to use these matches to provide additional and different match play experience.

Junior Leagues

Introduction

LANC welcomes junior players from the age of 8. Junior squads compete in the West Yorkshire Junior League in U11 HiFive, U12, U14 and U16 age banded divisions.

Trials for U12, U14 and U16 players are held each August/September and selected players are expected to attend weekly training sessions.

U11 and younger children are not expected to trial. Training sessions for U11 are on Sundays, 9:00-10:30am at Leeds Beckett University (formally Leeds Metropolitan University).

We try to provide a variety of playing opportunities for different age groups and sometimes mix players from different age groups to enable them to gain quality match experience. Besides the junior leagues explained below, we also enter tournaments and arrange 'friendly' matches. Additional fees are payable to cover these additional costs.

West Yorkshire Junior League : The West Yorkshire Junior League comprises 5 divisions of up to 10 teams per division and is run by the West Yorkshire League Committee. The divisions are age banded, U12, U14 (2 divisions) and U16 (2 divisions).

LANC squads play in U11 HiFive (2 teams) U12 (1 or 2 teams), U14 (top division, 2 teams) and U16 (top division, 1 team) and matches are played on Sundays at centralised venues across the West Yorkshire region.

U11 HiFive League starts in January. Other age group leagues start in September. The season is divided into two halves, Sept – Dec and Jan – Mar. During the first part of the season, the teams play against each other to determine their position in the divisions. After Christmas, the top two teams in U14 and U16 age groups progress into a Junior Yorkshire Regional League.

Junior Yorkshire Regional League : The winners and runners up from the U14 and U16 Junior West Yorkshire, North Yorkshire, South Yorkshire and East Yorkshire/Humberside leagues are entered into the Junior Yorkshire Regional League, 8 teams in total. The winners and runners up of the u14 and u16 Regional Leagues progress to the National Clubs Finals to compete with the top teams from the other 8 regions in England. The National Club Finals are usually held in April/May over a weekend. Details on the National Clubs Finals can be found on the England Netball website.

Please check the website www.leedsathleticnetballclub.org for fixture information. Use the Google Calendar.

Section 7 – Frequently asked questions

How do you join LANC?

Trials (U12 and above) are held end Aug/early Sept each season. They are advertised about June/July, on the website, with an electronic entry form. Any player wishing to trial outside that time, eg university student, should contact Mariana Pexton in the first instance, who will put you in touch with the relevant coach. LANC is not for everyone, so it is worth thinking carefully about trialling to be sure it will be a positive experience.

What is the cut off for the age groups teams – ie Juniors up to U16?

In school years, it is:

- Yr 5 & 6 – U11 (HiFive matches – see England Netball website for details). We do have some year 4s training
- Yr 7 – U12
- Yr 8 & 9 – U14
- Yr 10 & 11 – U16

(NB if your child is not in the correct school year for their age, then they play netball according to the school year they would have been in).

Sometimes, girls play in an older age group, in which case, they have to complete an “age-banding” form and get permission. The coach or team admin will help you with this.

Do I have to attend training?

Players are expected to attend all training sessions (unless in exceptional circumstances), and all matches for which they are selected. If for any reason a player is not able to attend a training session or a match for which she is selected, she must contact her Coach and Team Admin as soon as possible. If a player knows in advance that she will not be available for selection (eg school field trip), she must let her Coach and Team Admin know as far in advance as possible. Players who do not attend training regularly, or who break the Code of Conduct of the club, may rule themselves out of selection.

How can I get involved and help?

We are always looking for additional help. Parents can learn to coach, umpire, or help with support. There are a variety of roles available each year, from treasurer, secretary, chair, social secretary, kit secretary and also team admin for each age group. Please get in touch with Mariana or Susie if you're interested.

Will you support me to help coach or umpire?

It is in the interests of players, coaches and the club as a whole that our Coaches are suitably qualified and continue to develop their skills to raise the quality of coaching, improve playing standards and allow the club to compete at a National level. To this end the club agrees to fund the following for all Coaches:- Safeguarding and Protecting Children Course; Online England Netball Safeguarding Course; DBS; First Aid; Sports First Aid; Umpiring courses; England Netball Membership for non-playing Coaches.

With regard to Coaching courses the club is willing to discuss funding support terms with individual coaches dependent on personal circumstances, the financial position of the club previous coaching contributions and future partnership with LANC. After discussion with the Head Coach and committee members the Chairpersons decision will be final. Contact Susie Stead for information or a discussion.

Do you take girls from a variety of schools?

Our aim is to take players from a variety of schools, and we try to spread the word about trials through a number of routes to achieve that. A lot of our members are from the North Leeds area/south of Harrogate area because we train in Headingley/Alwoodley. We have many girls who travel from other areas, even South Yorkshire and Humberside.

Section 8– Trial information and advice

If you are thinking about trialling for Leeds Athletic, please watch the website and Twitter account around about Jun/July. This is when the trial window opens, with an online form. Have a think about whether or not LANC is the right club for you/your daughter. Whilst it is a great club, it is not the right environment for everyone. If you want to be fully committed to netball, work hard within a high performance atmosphere, with very high expectations and commitment, then it is the right place. If you don't want to be fully committed to netball, or just want to pay recreational netball, then it maybe that LANC isn't the right club for you.

Some girls can find trials an ordeal, because they are conducted in the same way that trials are conducted throughout the performance pathway. It is worth parents being around to support girls on trials day, in case girls are upset or disappointed. It is also worth talking to a coach if you're not sure about applying.

Late trials are the exception, and permission must be sought from the Head Coach. Girls must still complete the online application, as that information makes up our database for contacting girls during the season.

When it gets to trial day - Please bring: Water and snacks – water bottles can be refilled. There are (very) limited refreshments available. Medication – please ensure you have any medication you may need – eg inhalers. Please do not bring on court: Mobile phones or anything of value. There are no locker facilities and LANC cannot be responsible for any items lost or stolen.

Trial kit: Black or navy shorts/skort/skirt, and a plain white top. Absolutely no school/club/county etc logos please. Short white socks. Hair tied back, nails trimmed, no jewellery please. Please bring warm outerwear (hoody/tracksuit) to wear between matches.

Please arrive at least 15 minutes before your scheduled start time to register, collect your trial number and see which matches you're playing in. Please arrive ready to play, ie make sure any strapping/supports are in place. Trials will be very busy and there will be no time for strapping etc between matches or sessions.

Once you have your trial number, look at the match schedule (there will be several copies on the hall walls) and make sure you know which matches you will be playing and which positions. Make sure you listen carefully to the coaches/selectors, there will only be short breaks between matches and remember that you may play back to back matches in different positions. After each match, leave your bib in your position on court, ready for the next game.

The coaches/selectors will have pre-determined your playing positions, based on the positions you requested when you registered. We cannot guarantee that you will always be playing in your requested position(s), but if you think there is a mistake, please speak to the people on the registration desk, not the coaches/selectors, and we will try to resolve the problem. Inevitably there will be change some on the day, as some people will register and then not turn up.

Parents/carers/family members are welcome to watch from the viewing gallery. Please note that players ONLY are allowed on court. If you cannot attend due to illness or injury please text Mariana Pexton (07787 403389) asap. Mobile reception is poor so please do not telephone. We will get back to you but will be very busy, so you may not hear back for a day or two.

At the end of the trial, the coaches/selectors will confer and will then tell players, by calling out numbers, who has been selected. We have limited places in each age group so we may not be able to select all the trialists. All trialists will be emailed a letter, within a couple of days after the trials, explaining what they need to do next. For those players who are not selected, we can suggest alternative clubs. Due to the number of players and trial sessions, we will not necessarily be able to provide individual player feedback.