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NETBALL ACADEMY



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NETBALL ACADEMY

Introduction to the Netball Development Programme

The programme offers talented female students aged 16 to 18 the chance to access outstanding academic and netball education in one unique package.

The programme is open to students who are able to prove that they have the potential to play at an elite or high level and have the desire to develop a career within the netball industry, either as a player, a coach or in one of the many fields within sport.

Aim

The Netball Development Programme will combine education, coaching and life skills, giving student athletes the best opportunity to succeed. Coaching and education will be delivered by South Yorkshire County Netball Coaches, a specialised sports science support team and an outstanding teaching team.

FACILITIES

We will provide opportunities for students to achieve both academic and sporting excellence. Our facilities include:

- Multi Use Games Area
- Two Sports Halls with performance standard sprung flooring
- Two state-of-the-art Fitness Centres
- Sports Science and Physiology Lab equipped with the latest performance analysis software
- Specialist Sport Massage suite
- Conference and meeting rooms
- 16 classrooms fully-equipped with interactive and specialist instructor led training facilities

The Netball Academy will function in its own unique way, and will provide:

- Expert Technical and Tactical Coaching
- Performance Analysis
- Physiological Conditioning
- Physiological Development Workshops
- Nutritional Advice, Guidance and Support
- Access to Sports Therapy
- Opportunities to gain Additional Sports Qualifications





HANNAH COOPER

Course: BA (Hons) Sport, Physical Education and Health Top-Up

Hannah said: "The benefit of being part of the Netball Academy is you get to meet new people from different backgrounds and departments of the College, which allows you to improve your social skills as well as keeping fit and staying healthy."



ADA DAVIES

Course: A Levels at Barnsley Sixth Form College

Ada said: "The Netball Academy gives us lots of opportunities and pathways to progress in netball such as trials. I've also met loads of new friends and it's given me a small distraction to my A Levels so I'm not as stressed."



KIERA RAMSKILL

Course: Public Services

Kiera said: "Being a part of the Netball Academy allows for you to grow as a person as well as within the sport."

"It enables you to meet new people and create an environment of enjoyment where you feel comfortable and look forward to going to. A main benefit is that it encourages fitness, and a better physical and mental state which leads to an improved mental health."

THE PROGRAMME

Students will undertake a nationally recognised qualification at Barnsley College, rated Outstanding by Ofsted.

Students will study a vocational course, apprenticeship, A Levels or a university-level course with potential Functional Skills or GCSE resits in English and/or Maths if necessary, plus additional coaching awards.

Students will also undertake six-to-eight hours of netball training per week with emphasis on:

- Technical and Tactical Practice
- Strength and Conditioning
- Sport Science Support – Physiotherapy and Rehabilitation, Psychological and Nutritional guidance
- Performance Analysis

Weekly fixtures will take place in the Association of Colleges (AoC) Sport Yorkshire and Humber Netball League and Cup. In addition, there will be regular fixtures against other academies to showcase student athlete progress.

Opportunities

As part of the Netball Development Programme, student athletes will have the opportunity to access our links with Sheffield Hallam University (SHU). This will give elite students a performance pathway into SHU, signposted into AoC representative teams and county trials if suitable.



PROGRESSION

- Career
- Higher Education
- AoC representative trials or County trials
- Trials for Super League Under 17

- Professional Netball

- Additional Qualifications
- Work Experience
- Pastoral Support
- Academic Studies
- Coaching Opportunities

- Professional Technical and Tactical Coaching
- Strength and Conditioning
- Physiotherapy and Rehabilitation
- Performance Analysis
- Excellent Competition Structure

- Combined Education
- Netball Development Programme

COACHING TEAM



Luke Forgione
(Sports Performance and Athlete Development Co-ordinator and Manager of the Sports Academy)

As manager of the Sports Academy, Luke is here to support athlete development by developing an exciting provision, as well as offering additional individual support to enhance student experience.



Chloe White
(Teacher and Netball Coach)

As Netball Coach, Chloe oversees student development, implementing playing philosophy and supporting player pathways to Higher Education and elite netball.

