



NETBALL ACADEMY



The Netball Development Programme will combine education, coaching and life skills, giving student athletes aged 16 - 21 the best opportunity to succeed.

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.

Our Academy players have access to top-class facilities in the Barnsley Sports Academy, supporting players to perform at elite level.

State-of-the-art facilities include:

- > Professional training from qualified South Yorkshire County Netball Coaches
- > Two netball courts
- > Two gyms
- > Video analysis
- > Structured training schedule
- > Match analysis
- > Sports therapy
- > Strength and conditioning facilities
- > Sports massage suite



THE ELITE SPORTS PERFORMER BURSARY

The Barnsley College Sports Academy is committed to supporting elite athletes, combining sporting and academic excellence, and has a number of sports bursaries to award to our elite athletes who meet specific criteria.



APR0424NA

For more information please email Luke Forgione at:
✉ l.forgione@barnsley.ac.uk