**Important - Please read**

**Senior training and match play.**

As many of you are aware we are structuring our training sessions slightly differently at the present time to encourage continued participation.

Our aim is to ensure that players want to continue to attend sessions despite training taking place outside.

* For the continued development of the club
* For our members mental and physical well being
* To support players that are trying to advance their level of play either through the County Academies or Super league teams’ pathways
* To ensure that our competitions squads are prepared for future qualification events to help us achieve our aspirations to qualify at Regional level with both junior and senior teams
* To offer players that need video evidence for their exam courses the opportunity to record match play

Training will follow the following format until further notice:

**Training Schedule**

Week 1- Match Play & Fitness

Week 2 – Specific focus with drills & invasion games/small amount of match play

Week 3 – Intra Club competition

Repeat.

\*Each session starts with a warm up approx. 10 minutes

Week 1

Squads alternate between match play and fitness

Fitness session similar to Bubble sessions & take place at the side of the court.

Week 2

Session focus based on feedback from squads/coach observation

Drills based on focus of session

Invasion games

Week 3

**Team C Cup Competition -** Intra club competition

The aim of this competition is to encourage a whole Club unity and for players in different training groups to be given the chance to work together. It will also provide match play opportunities for everyone.

Dates for Intra Club Competition playing for the Team C Cup

29th October, 19th November, 10th December, 21st January, 11th February, 4th March

Match format/rules

Sessions: 6.30 – 7-30, 7.30 – 8.30, and 8.30 – 9.30

Duration: 4 x 10 minutes – 2 minutes quarter time/3 minutes half time

All matches will start at the allocated times – please ensure that you are warmed up and ready to play

All EN modified rules apply

All players will be divided into 6 mixed ability squads & teams will play one match during week 3 of the training schedule

Guidelines for Intra Club Competition

Each squad should nominate a member/s to organise the team.

Possibly set up a group chat to communicate availability etc.

All players are asked to check the playing schedule and let **their team** know immediately if there are any fixtures that they are not available to play.

Teams can borrow players from other squads not playing at the same time – please try to use players from a similar training group

It is the player/teams responsibility to arrange cover when needed.

Phil will organise an umpiring schedule

All team members should be give similar court time.

After each match please decide on your own team’s player of the match and the oppositions and mark this on the results card

Teams should wait outside the court area until the previous teams have vacated the court

PLEASE ADHERE TO SOCIAL DISTANCING WHEN ENTERING/LEAVING THE COURT AS WELL AS AT QUARTER/HALF TIMES

TEAMS ARE RESPONSIBLE FOR HAND SANITISING AT EACH QUARTER

BALLS TO BE WIPED AT EACH QUARTER

Please hand the results card to Sue Collins

We need a volunteer to take on the results secretary position. This will involve recording and maintaining a results table and passing on the information to Deanna, our website secretary, so that the results can be published on the TNC website.

**Please note that the success of this will rely on players’ commitment and communication**

**If you do not want to participate please let Sue Collins know immediately and if your name has been missed please let Sue know.**

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| --- |
| TNC INTRA CLUB NETBALL LEAGUE 2020 – 2021 playing for the TEAM C CUP |
| **TEAM 1** | **TEAM 2** | **TEAM 3** | **TEAM 4** | **TEAM 5** | **TEAM 6** |
| EMMA AV (S)  | ELLIE S (S)  | MELITA (S)  | SUZ (S)  | EMMA W (S)  | TAIA (S/M)  |
| LUCINDA (S)  | DAISY (S/M) | LEAH (S)  | ELENA A (M/S)  | EMILY S (S/D) | CARMEN (S)  |
| CASS (M/S)  | KATIE C (M/S)  | LILLY (M/S)  | JESSIE (S/M)  | ANNA W (S)  | ALAHNE (D/S)  |
| ERIN (M)  | JOSIE (M)  | YOYO (M)  | HARRIET GREEN (M)  | KIERA (M/S)  | KIM (M)  |
| JESS (D)  | ZARA (M)  | JULIE A (M)  | DEANNA (M)  | ASHLEA (M)  | KUDZI (M) |
| KATIE F (D/M)  | CHARLOTTE (D) | BEL (D/M) A | FLEUR (M)  | AMY (M)  | ZOE (M)  |
| JULIE S (D)  | CLEO (D)  | MOLLY (D)  | SARAH (D/M)  | SOPHIE (D)  | ROSE (D)  |
| BRANNAN (D) | JODIE (D)  | KIRSTY (D)  | JO W (D)  | LAURA (M/D)  | BRIER (D)  |
|  |  |  | NIC (D)  | GEORGIA (D) |  |

**PLAYING SCHEDULE**

|  |  |  |  |
| --- | --- | --- | --- |
| DATE | TIME 6.30PM – 7.30PM | TIME 7.30PM – 8.30PM | TIME 8.30PM – 9.30PM |
| 29TH OCTOBER 2020 | 3V4 | 1V2 | 5V6 |
| 19TH NOVEMBER 2020 | 5V3 | 6V1 | 2V4 |
| 10TH DECEMBER 2020 | 2V6 | 4V5 | 1V3 |
| 21ST JANUARY 2021 | 1V5 | 2V3 | 4V6 |
| 11TH FEBRUARY 2021 | 1V4 | 3V6 | 2V5 |
| 4TH MARCH 2021 | PLAY OFFS |