

Herts Academy Netball Camp

Led by Herts County U13 Lead Coach



This camp is aimed at developing the skills and performance of aspiring athletes who wish to trial for Herts County U13 squad for the 2020 season. Players must be of club level and competing regularly in their top teams.

Extras

- ◆ Superleague Player Coaching (Mon—Wed)
- ◆ All players will receive a netball

The camp is unique as it will include off court sessions:

- Player profiling and personality testing
- The importance of strength and conditioning
- Performance analysis and tactical awareness
- Building leadership skills



Venue: St Albans High School for Girls Netball Courts AL35LJ

Dates: Monday April 6th—Thursday April 9th

Times: 9.00am — 4.00pm (8.30am—5.00pm early and late drop-off available)

Ages: School years 5 — 8

Cost

- 1 day : £45
- 4 days : £165
- Early/late: Extra £10 a day

To signup, please fill out the google form below. The camp will be capped at 80 players and therefore will be first come first served.

You will be notified within 10 working days of signing up if you have successfully gained a place.

Sign-up form: <https://forms.gle/99sn4dRuP2m1vu3h8>

Email: hertsacademycoaching@gmail.com

For siblings, there is a boys Herts football camp run by previous Arsenal, Crystal palace, Tottenham Hotspur and England player, Alex Jennings, held at the same venue, at the same times.

For more information, please click here: <https://forms.gle/q8xaPTqGE6f6pGNt6>