



Palmers Green Netball Club

Club Captains: Catherine Hutchings Tel: 07779 006 740
Charlene Ponteen Tel: 07957 421 156
Club Secretary: Zoey Dowell Tel: 07985 474 179

Email: d.hutchings08@btinternet.com
Email: charlistorm@yahoo.co.uk
Email: Zoeydowell@yahoo.co.uk

TRIALS 2010/11

Dear triallist,

This year celebrates Palmers Green Netball Club's 50th Anniversary. Throughout the years we have grown from a small social club and blossomed into a small community of over 60 playing members and 20 non-playing members. We have achieved many successes over the years on and off the netball court. Most recently we were re-accredited with England Netball Silver CAPS club with Clubmark. This means that our club has proven that we are an equitable club which promotes inclusion and participation in netball for all, from our juniors to veterans and from social to competitive.

Please read the following pages carefully as they hold important information about the trials and structure of the club for next season.

We look forward to seeing you at the trials.

Palmers Green Netball Club committee.



Palmers Green Netball Club Established 1959 –
Attained Silver CAPS/ Clubmark Award 2005

Affiliated to England Netball, Middlesex and Hertfordshire County Netball Associations, and London and the South East Region

TEAMS AND LEAGUES

London & South East Regional League

Palmers Green currently has one team in Division 2 of the London & South East Regional League. Games are played at indoor venues, for our away fixtures we could travel as far as Surrey and Kent. Our home ground is Ashmole School, Southgate. Players who wish to compete at this level must show extraordinary dedication. A squad of 10 will be selected. All 10 players will be expected to travel to every fixture. Players in this squad will be committed to attending the game knowing they may not play. If they do not play in the regional fixture, they will be first choice to play in the Poly game the following weekend.

North London Netball League

We are at the end of our second season playing the squad system. The committee has agreed to continue with each squad consisting of 8/9 players. Presently we have 4 teams (A–D) in the NLNL. For each squad, criteria to determine the starting line-up for a game would include training commitment and time-keeping for matches. The more flexible you can be as a player, covering 3 positions if possible, will obviously provide more opportunities to play. However there are the alternate Saturday matches and anyone who does not play at North London will be given first option on these games as far as possible. Any senior or U16 player not successfully chosen for a NL team will be considered 1st choice in the Broxbourne League.

The A team will be expected to be available to play up into the Regional squad where necessary and is to be seen as our 'Regional development squad'. Players in this squad will be committed to playing every week; this will either be in the Poly League or Middlesex County League as well as North London. This may mean a player of greater 'ability' who cannot commit to play every week may be selected in the next available lower team.

Poly League

Games are played on a home and away basis (within the boundaries of the M25) with fixtures falling on the opposite weekends to the Regional competition. The Poly Squad will consist of players from the Regional League and A team squads.

Middlesex County League

Games are played at two central venues, Broomfield Park or Uxbridge with fixtures falling on the opposite weekends to the North London League. Palmers Green will continue to play in Division 1 this season. Squad members must be over 16 unless they are in the Middx County Academy. The Middlesex squad will consist of A team players with some inclusion of committed B – D team players.

Broxbourne League

The Broxbourne League is played at Wormley Playing Fields on the opposite weekends to the North London League. In previous years we've mainly played our younger members giving them more opportunities to play. This year we will open this up to members of the B – D teams.

TRAINING

In July and August this year we will be running pre-season training sessions in Broomfield park. Days/ times TBC. To register interest please email Charlene Ponteen (charlistorm@yahoo.co.uk).

Winter training this year will be held at Southbury Leisure Centre on Thursdays 8-10pm from 2nd September 2010 – 9th December 2010 and 6th January 2011 – 14th April 2011 inclusively. All players from the club are invited to attend every training session, however due to health and safety reasons a rota will be employed as to which teams will be playing during the games period at each training session.

The training plan for the upcoming season will be put on the website as soon as its available.

MEMBERSHIP FEES

Subject to amendment at our AGM, the cost of membership fees for the 2010/11 season will be £170 for seniors playing in more than one league (£150 in one league) £100 for students/juniors playing in more than one league (£80 in one league).

TRIALS AND SELECTION 2010/11

Saturday 19th June 2010

10:00am – 1:00pm

Broomfield Park, Palmers Green

10:00 – 10:15	Registration
10:15 – 10:45	Warm up
10:45 – 13:00	Game Assessment

Anyone wishing to play for the club plus new members to the club should attend trials.

Players will be selected into NL teams based on the following selection criteria (listed in no particular order):

1. The assessment of each player's key skills as displayed at the club trials. The coaches will prepare this assessment using All England Netball Association coaching guidance material. (All new and current members are asked to make themselves available for trials. In the event of non attendance, consideration will be given by the coaches to skills assessments carried out at previous trials or performance during the prior season at training sessions)
2. The ability of a player to focus both at training and during games.
3. The potential for a player to improve and respond to coaching
4. Attendance and contribution made at training sessions during the previous season.
5. Overall impact with other selected players in that team.

Players' key skills will be assessed during trials where an average score (1-4) will be given in game assessment: footwork, core strength, throwing, catching, fitness, technical skills, tactical awareness, mental strength, experience and playing style.

Regional/A Team Squad

Additional selection criteria must be met for players to be considered for the 10 player Regional squad:

1. They are committed to travel and play in every regional fixture for the 2010/11 season.
2. They must attend training every week.
3. They accept that they may not play every game but will be 1st choice to play in the Poly fixture the following weekend.

To be considered to play for Palmers Green in 2010/11 season you must:

1. Complete and return attached trials form and membership application indicating clearly if you are unable to attend trial date by 1st May 2010 for current PG members (deadline is 1st June 2010 for new players).
2. Include subscription fees of £25 (Cheques made payable to PGNC). This amount forms part of the membership fee.

Team squads will be named as soon as possible following a selection meeting to be held on 23rd June 2010. The selection committee will consist of the Club Captains, Head Coach and Team Captains from the 2009/10 season.

If you do not wish to take up the place in the team you have been selected for, it is imperative you inform the Club Captains (Catherine Hutchings Tel: 07779 006 740 d.hutchings08@btinternet.com and Charlene Ponteen Tel: 07957 421 156 charlistorm@yahoo.co.uk) no later than the AGM on Tuesday 6th July 2010.

We do try to be as fair as possible at trials but if you do feel unhappy at any time during the day you should inform the trials coordinator immediately, who will do her best to accommodate your request.

We do hope that this letter has made all our policies clear, but should you require any further information; please contact a member of the committee who will be happy to help you.

Good luck at the trials.

PALMERS GREEN NETBALL CLUB COMMITTEE