

Bedfordshire Player Development Programme Summer Camp 2023



The following players from the 2022/2023 PDP season were selected and invited to participate in the Bedfordshire PDP Summer camp on the 24th and 25th July 2023.

Agyeiwah	Yeboah	U15	Charlotte	Davidson	U13
Ava	Kelly	U15	Elizabeth	Mullan	U13
Caitlyn	McNally	U15	Sheena	Ward	U13
Catie	Clarke	U15	Isla	Gardner	U13
Chloe	Pigott	U15	Justina	Itsuokor	U13
Destinee	De Sousa	U15	Katie	Jelly	U13
ELOISE	Rayner	U15	Izzy	Hoy	U13
Emma	Gatward	U15	Matia	Isherwood	U13
Erin	Sparrow	U15	Polly	Sleep	U13
Esme	Detheridge	U15	Adele	Wright Brown	U13
Esme	Pheby	U15			
Imogen	Fay	U15			
Isobel	Tillin	U15			
Layla-Bo	Dwyer	U15			
Lily	Marsden	U15			
Nia	Onagoruwa	U15			
Orla	Crowe	U15			
Zara	Booth	U15			
Zara	Thorning-Curtis	U15			

The purpose of the Summer Camp was to give the players an opportunity to focus on what they need to do to enjoy, develop and maximise their ability both on and off the netball court in preparation for future trials and the 2023/24 season. The Summer Camp had varied programme and a varied set of coaches including the Guest Coach: Josie Pointon, the Loughborough Lightning Franchise Pathway Head Coach and the Lead Coach Hayley Mackellar, the Scottish U21 CYG Fast 5 Head Coach & Beds PDP Mentor and Coach.





The Summer Camp Programme was as follows:

Monday 24 th July		Tuesday 25 th July	
9.15am -10.15am	S and C Session	9.15am -10.15am	S and C Session
10.30am –11.30am	Technical On court Work	10.3am – 11.30am	Technical On court Work
11.45am –1.15pm	Positional Work	11.45am – 1.15pm	Centre Pass Defence / Centre Pass Attack
1.45pm – 3.15pm	Through Court Attack & Analysis Investigation	1.45pm – 2.45pm	Match Play
3.15pm – 4pm	Group 1 Yoga Recovery Group 2 Swimming Recovery	3.15pm – 4pm	Group 2 Yoga Recovery Group 1 Swimming Recovery

It was a successful camp with the players working hard and challenging themselves and each other so they can start preparing for the 2023/24 season opportunities.

Many thanks to the Bedfordshire PDP Coaches who worked with Josie and Hayley during the 2 days: Michelle Power, Caroline McNally, Debbie Ellis and the invited yoga coach: Rosanna Slade and the S and C Coach; Dan Fennell.

Maggie Jackson
30/07/2023