



## BEDFORDSHIRE COUNTY NETBALL

A pre-season Camp was held on the 30<sup>th</sup> and 31<sup>st</sup> August 2022 for selected players from the 2021-2022 Bedfordshire Academy Programme.

The purpose of the camp was to give the players an opportunity to focus on what they needed to do to enjoy, develop and maximise their ability both on and off the netball court.

Well done on the following players who took part.

SHOOTING CIRCLE	MID COURT	CIRCLE DEFENCE
Caitlin McNally	Amy Beard	Beth Norman
Catie Clarke	Heidi Norman	Natasha Newland
Sherelle Weekes	Tallulah Dwyer	Jazmin Delpratt
Esme Pheby	Emma Gatward	Isobel Tillin
Ava Kelly	Katie Finch	Alex Day
Yvie Wells	Flo Sibbald	Zara Thorning-Curtis
Eloise Rayner	Zara Booth	
Orla Crowe	Chloe Piggott	
Lily Page	Layla Bo Dwyer	

The Camp had a varied programme and a varied set of deliverers as follows:

Tuesday 30 <sup>th</sup> August		Wednesday 31 <sup>st</sup> August	
9.15am -10.15am	S and C Strength & Power <i>Piotr Golaszczyk</i>	9.15am-10.15am	S and C Netball related movement Anaerobic focus <i>Piotr Golaszczyk</i>
11.30am -12.15pm	Skills under pressure with intensity/loading <i>Julia Kay Led assisted by Michelle Power, Maggie Jackson and Caroline McNally</i>	11.15am-12.15pm	Through Court Attack <i>Julia Kay Led assisted by Michelle Power, Maggie Jackson and Caroline McNally</i>
12.30pm – 1.00pm	Personal Super Strengths & Understanding your position <i>Maggie Jackson</i>	12.30pm – 1.00pm	Performance Analysis <i>Maggie Jackson</i>
1.00pm -1.30pm	Lunch Break	1.00pm-1.30pm	Lunch Break
1.30pm-3.00pm	Unit Focus <i>Sachel Grant led Hayley Mackellar led Maggie Jackson led Assisted by Tayla Wright Brown, Caroline McNally and Michelle Power</i>	1.30pm-3.00pm	Connecting the Units <i>Sachel Grant led Hayley Mackellar led Maggie Jackson led Led assisted by Michelle Power and Caroline McNally</i>
3.15pm-4.00pm	Recovery: Yoga (Shooting and Circle Defence Unit) <i>Julie Black</i> Swimming (Mid Court Unit) <i>Hayley Mackellar</i>	3.15pm-4.00pm	Recovery: Yoga (Mid Court Unit) <i>Julie Black</i> Swimming (Shooting & Circle Defending Unit) <i>Hayley Mackellar</i>