

Welcome to Samuel Whitbread's Netball Academy!





Whitbread Netball Academy

Samuel Whitbread Netball Academy is a unique part of the 6th Form and we are delighted to offer an outstanding educational programme combining first class academic options with a high-performance netball development programme.

Our netball programme is aimed at female students 16 years old and above. Students can study any combination of A-Levels or BTEC's and are ultimately able to create their own unique education program whilst playing and training at a high level and becoming one of our highly esteemed student athletes.

Students must meet the entry requirements of the 6th Form and courses they are applying for. Students wishing to apply for the netball academy, must tick the box on their SWA application form.



Whitbread Netball

Our Purpose Academy

- ✓ To provide our athletes with a performance culture and challenging environment
- ✓ To provide a high level training and playing program
- ✓ To assist each player to reach their full potential both on and off the court
- ✓ To be a reputable Netball Academy

Our Values

- ✓ Enjoyment - netball should be enjoyable for all our players
- ✓ Winning - we aim to be competitive and instil a winning culture
- ✓ Encourage our players, coaches and supporters to adhere to exceptional standards and be role-models for the wider Samuel Whitbread community.



Whitbread Netball Academy Coaching Philosophy

The netball programme is led by our Director of Netball - Jo Trip who hails from New Zealand and is a current Superleague player for Saracens Mavericks. At SWA our coaches;

- ✓ Strive to create a player centred learning environment, which focuses on a high performance and winning culture.
- ✓ Encourage an environment where players feels comfortable and confident, has a voice, is listened to and is respected as well as is themselves, respectful.
- ✓ Place a huge emphasis on developing smart, forward thinking, creative players who have the ability to apply their technical and tactical understanding of the game.
- ✓ Have a no-nonsense approach to our expectations and do not accept anything but the best from themselves and the players.
- ✓ Aim to not only influence you as an athlete but to create an impact on your time at SWA that will last a lifetime!



Whitbread Netball Academy

Student Athlete Expectations

- ✓ Positive behaviour and professionalism is of the utmost importance - you are representing SWA, your team, your family and yourself
- ✓ We expect you to support the ethos and values of SWA
- ✓ Be a role model on and off the court for your peers and the younger year groups
- ✓ Be respectful and honest
- ✓ Adhere to our codes of conduct and high standards
- ✓ Support each other and be part of a culture we are proud to uphold
- ✓ Have fun and enjoy your netball 😊



Whitbread Netball Academy

What You Can Expect:

- *High quality teaching and learning in an outstanding sixth form academy*
- *You are a student athlete - student comes first!*
- *5-6 sessions (including games) per week*
- *Access to high quality coaching (EN UKCC Level 2 qualified)*
- *Whitbread Netball Academy Mizuno Kit Pack**
- *Regular games vs local opposition*
- *Compete weekly in the AOC British Colleges East Region League and Cup*
- *Compete in the Sisters n Sport national competition*
- *Entry to district, county and national competitions (where applicable)*
- *Individualised player development programmes*
- *Access to SWA gym for weekly gym sessions*

*Additional student cost



Whitbread Netball Academy

Additional Enrichment Opportunities

Additional opportunities may include but are not limited to;

- *EN 1st 4Sport Level 1 Coaching Qualification**
- *EN Into Umpiring C-Award Qualification**
- *Coaching opportunities within BEST schools*
- *Netball Tour(s)* (TBC)*
- *Live fixtures - Saracens Mavericks & England Roses games**
- *Annual Sports Awards Evening**
- *Guest Speaker Workshops*
- *Loughborough University Visit**
- *Support and guidance to assist with your applications for Universities in the U.K. or abroad, apprenticeships etc.*

*Additional student cost



Whitbread Netball Academy

Training Opportunities

Training opportunities include but are not limited to;

- *Off-season training programmes*
- *Pre-season training programmes*
- *In-Season training programmes*
- *Ball handling and shooting programmes*
- *Specialised sessions to develop key skills and tactics*
- *Strength & conditioning programmes*



Whitbread Netball Academy

Additional Learning Areas

Additional learning areas covered include but are not limited to;

- *Goals Setting*
- *Values & Culture*
- *Scheduling and Personal Management*
- *Athlete Life Balance*
- *Nutrition & Hydration*
- *Individual & Team Performance Analysis*
- *Recovery, Mobility and Stretching*



Whitbread Netball Academy

Netball Timetable Example

	1	2	3	4	5	A/S
MonA	Netball P Prep Time	Maths P Prep Time		Chemistry Dr J C Haigh 108	Maths Mr A Beckett 610	
TueA	Chemistry Mr D Hardy 108	Netball Miss J C Trip 604	Biology Miss R E M Fraser 106	Chemistry Dr J C Haigh 108	Netball Miss J C Trip 108	
WedA	Maths P Prep Time	Chemistry Mr D Hardy 108	Chemistry Mr D Hardy 108	Maths Mr P J Fernandes 610	Netball Miss J C Trip 615	
ThuA	Maths Mr A Beckett 610	Biology Mrs J E Ambrose 106	Chemistry Mr D Hardy 108	Chemistry P Prep Time	Biology Mrs J E Ambrose 623	Netball Miss J C Trip 813
FriA	Maths P Prep Time	Biology Mrs J E Ambrose 623	Biology Miss R E M Fraser 106		Maths Mr P J Fernandes 610	
MonB	Chemistry Dr J C Haigh 108	Netball P Prep Time	Chemistry P Prep Time	Maths Mr P J Fernandes 610	Chemistry Dr J C Haigh 108	
TueB	Netball Miss J C Trip 604	Chemistry P Prep Time	Maths Mr P J Fernandes 610	Biology P Prep Time	Netball Miss J C Trip 610	
WedB	Biology Mrs J E Ambrose 106	Maths Mr P J Fernandes 610	Maths Mr A Beckett 610	Biology P Prep Time	Netball Miss J C Trip 108	
ThuB	Biology Miss R E M Fraser 106	Biology P Prep Time	Maths Mr P J Fernandes 610	Biology Miss R E M Fraser 106	Netball Miss J C Trip 613	Netball Miss J C Trip 813
FriB		Netball P Prep Time	Biology Mrs J E Ambrose 106		Chemistry Mr D Hardy 108	



Netball Academy Transport

We are committed to providing transport for our student athletes that come to us from all around Bedfordshire.

We have daily buses, both AM & PM and provide further late buses on Tuesday and Thursday afternoons to accommodate the sports programs and other enrichment opportunities.

If you require transport please contact us for more information.



Netball Academy Kit Package

Compulsory Kit

The kit provider we use is ADH Teamwear, who are excellent! As part of the course we ask you to purchase the kit package. Kit can be worn around the academy site and is expected to be worn at trainings and on match days.



SWAN Ladies Active Short
from £15.50



SWAN Ladies Authentic Singlet
from £18.00



SWAN Ladies Core Polo Shirt
from £20.75



SWAN Backpack
from £20.75



SWAN Ladies Core Leggings
from £22.50



SWAN Sohei Sub Netball Dress
from £37.99



SWAN Shizuoka Tect Fleece
from £38.75



Netball Academy Kit Package

Additional kit available for purchase -



SWAN Technical Compression Sports Socks
from £6.50



SWAN Jingasa Bobble Hat
from £11.50



SWAN Authentic Netball Short
from £13.50



SWAN Ladies Core Short Sleeve Tee
from £17.00



SWAN Women's Power Stretch Legging
from £24.00



SWAN Ladies Terry Hoodie
from £34.25



SWAN Ladies Shizuoka Track Pant
from £35.75



SWAN Sapporo Hooded Hybrid Jacket
from £43.50



Thank you!

If you have any questions please feel free to email me at swa-netball@bestacademies.org.uk

I look forward to receiving your application to be part of the Whitbread Netball Academy.