



COUNTY TRAINING 6 WEEK PROGRAMME ON ZOOM WITH OUR COUNTY COACHES

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WHO IS THIS FOR: EXISTING AND NEW ATHLETES WANTING TO WORK HARD, HAVE FUN AND PREPARE FOR TRIALLING FOR OUR ACADEMIES FOR NEXT SEASON – IF YOU THINK THAT’S YOU SIGN UP FOR OUR INTENSIVE 6 WEEK PROGRAMME BY FILLING IN THE FORM ATTACHED AND SENDING THE PAYMENT TO CONFIRM YOUR PLACE.

DATES: 13th AND 27th JULY AND 3RD 10TH 17TH AND 25th AUGUST (MONDAYS)

COST: ONLY £20 ONE OFF FEE FOR ALL 6 SESSIONS PAYABLE IN ADVANCE (SEE DETAILS ON THE FORM).

CONTENT: BUILDING BLOCKS AND FOUNDATION SKILLS, THE ATTACKING GAME, THE DEFENSIVE GAME , TRANSITIONS, GAME SENSE AND COURT CRAFT, NUTRITION, PREVENTATIVE INJURY S&C.

SESSIONS:

U11 (IDEALLY GOING INTO YEARS 5&6) 5.30PM -6.30 PM ON THE DATES ABOVE

U13 (IDEALLY GOING INTO YEARS 7&8) 6.30PM-7.30PM ON THE DATES ABOVE

U15 (IDEALLY GOING INTO YEARS 9&10) 7.30PM-8.30PM ON THE DATES ABOVE

OUR COACHING TEAM :

- JULIE TUCKER, OUR CHAIR AT NORTH BUCKS AND LEVEL 3 PERFORMANCE COACH AND TUTOR WHO IS ALSO LEAD COACH OF WASPS U 17 SUPERLEAGUE HUB IN MILTON KEYNES AND HEAD COACH AT MK DONS AND MK NETTERS WITH A PROVEN TRACK RECORD IN GETTING GIRLS THROUGH THE PATHWAY TO SUPERLEAGUE LEVEL AND ENGLAND LEADS THE PROGRAMME

- CO -COACH TRACY GILLORAN , WASPS U17 SUPERLEAGUE HUB COACH MILTON KEYNES, COUNTY AND REGIONAL COACH FOR THE CURRENT U16 MK DONS.
- MEGAN THORNE, ENGLAND U21 ROSE AND U19 WASPS SUPERLEAGUE WHO WAS PART OF THE MK DONS NATIONAL TEAM LAST SEASON WHO FINISHED 4TH NATIONALLY.
- KARIS NISBETT-HADAWAY, AN U19 WASPS SUPERLEAGUE PLAYER WHO WAS ALSO PART OF THE DONS NATIONAL TEAM LAST SEASON AS WELL AS BEING A NATIONAL CALIBRE ROWER
- TAYLA THORNE, AN U17 WASPS SUPERLEAGUE PLAYER AND CURRENTLY PART OF THE MK DONS U16 REGIONAL SQUAD, WHO WAS ALSO PART OF THE MK DONS NATIONAL SQUAD WITH HER BIG SISTER LAST SEASON
- SOPHIE EGBARAN, AN U15 WASPS SUPERLEAGUE PLAYER AND CURRENTLY PART OF THE MK DONS U16 REGIONAL SQUAD.
- JOSIE GROVES, AN U17 MAVERICKS SUPERLEAGUE PLAYERS AND CAPTAIN AND OF THE MK DONS U16 REGIONAL SQUAD, WHO WAS ALSO PART OF THE MK DONS NATIONAL SQUAD LAST SEASON.

COUNTY ATHLETES AND FORMER PATHWAY GIRLS AND YOUTH COACHES.

