

## Player Welfare Document

### **1.0. U17 Players**

- 1.1. U17 trials will be held on Saturday 10<sup>th</sup> September 2016 where the U17 Long Squad will be selected.
- 1.2. Players selected to be part of the U17 Long Squad will be available to play in their local leagues up to and including the **19<sup>th</sup> February 2017**. Players are not available for on court sessions or games (other than their commitments with the U17 Squad) the week before Netball Europe, which is being held in Northern Ireland from the 2<sup>nd</sup>-5<sup>th</sup> March 2017.
- 1.3. Players in the final 12 for Netball Europe will also have a resting week with no on court sessions or games during the week of 6-12<sup>th</sup> March so they are able to recover.
- 1.4. Players not selected for the U17 Netball Europe squad of 12 are to return to their local PTC or DTC sessions (dependant on age group) and are available to play in their local leagues.

### **2.0. U21 Long Squad Players**

- 2.1. The U21 Long Squad players will not be available for on court sessions or games in the build up to Netball Europe due to the intensity of their programme and injury prevention.
- 2.2. When the Final 15 is selected on the 27<sup>th</sup> September 2016, any players not selected to be part of the squad to attend Netball Europe are to have a period of rest up until the 17<sup>th</sup> October 2016 with no on court sessions or games on an individual basis.
- 2.3. The U21 Squad taking part in Netball Europe and the 3 training partners will have a period of rest from the 9<sup>th</sup>-17<sup>th</sup> October 2016 and will not partake in any on court sessions or games on an individual basis.
- 2.4. The U21 Long Squad will then be on an S&C programme from 17<sup>th</sup> October 2016 and throughout November and they will not take part in any on court sessions or games during this time. This will also be on an individual basis. They are free to return to their local leagues from the 1<sup>st</sup> December 2016 until 15<sup>th</sup> April 2017.
- 2.5. Players are not to exceed a weekly 6 quarter limit during this period. This includes County, Schools, BUCS and Clubs.

### **3.0. U21 Talent Squad**

- 3.1. Players that are part of the U21 Talent Squad will continue to be part of their PTC's and are free to play for their local club during this time.
- 3.2. The Talent Squad will train once a month up until December 2016, as this is a new programme, the confirmed dates for 2017 will be distributed when this has been reviewed.

### **4.0. Celtic Dragons**

- 4.1. Celtic Dragons squad players will not be available to play in local leagues during pre-season. Players may be released during VNSL competition period on an individual basis.