



**SHAN**  
NETBALL 

# SHAN NETBALL TRAINING ACADEMY WELCOME PACK



AGE GROUPS U12-U16



2026/27





# WELCOMING MESSAGE

At Shan Netball, we are committed to creating a high-performance environment where every athlete is challenged to reach their potential through expert coaching, high standards and genuine care.

We believe long-term development is more important than short-term success, encouraging athletes to embrace the process, build resilience and develop confidence both on and off the court.

Our aim is to produce skilled, intelligent and resilient netballers who love the game, respect others and strive for excellence in everything they do.



| DAY                                                                                                    | TIME        | PROGRAMME                           | VENUE                         |
|--------------------------------------------------------------------------------------------------------|-------------|-------------------------------------|-------------------------------|
| <b>MONDAY</b><br>     | 6:30–8:00pm | National U15 and U16 Squad Training | Bank of England Sports Centre |
|                                                                                                        | 8:00–9:00pm | Specialist Session                  | Bank of England Sports Centre |
| <b>TUESDAY</b><br>    | 5:00–6:00pm | First Steps – Year 2                | Bank of England Sports Centre |
|                                                                                                        | 6:00–7:00pm | First Steps – Year 3                | Bank of England Sports Centre |
| <b>WEDNESDAY</b><br>  | 6:00–7:30pm | U13/U14 Squad Training              | Bank of England Sports Centre |
|                                                                                                        | 7:30–9:00pm | U15/U16 Squad Training              | Bank of England Sports Centre |
| <b>THURSDAY</b><br> | 5:00–6:00pm | U12 Squad Training                  | Bank of England Sports Centre |
|                                                                                                        | 6:00–7:30pm | National U12 Squad Training         | Bank of England Sports Centre |
|                                                                                                        | 7:30–9:00pm | National U13/U14 Squad Training     | Bank of England Sports Centre |

| AGE GROUP / TEAM                                                                                         | COMPETITIONS                                                                                                           | HEAD COACHES              |
|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------|
|  <b>U12 NATIONALS</b>   | Young Player National League (ENG) and Surrey Junior Netball League                                                    | Colyn & Jacqui            |
|  <b>U12 SQUAD</b>       | SJNL                                                                                                                   | Olivia                    |
|  <b>U13 NATIONALS</b>   | Young Player National League (ENG) and Surrey Junior Netball League                                                    | Colyn & Chay              |
|  <b>U13 SQUAD</b>       | SJNL                                                                                                                   | Kat                       |
|  <b>U14 NATIONALS</b>   | Young Player National League (ENG) and Surrey Junior Netball League, Sisters N Sport & London and South East Regionals | Colyn & Chay              |
|  <b>U14 SQUAD</b>       | SJNL                                                                                                                   | Chay                      |
|  <b>U15 NATIONALS</b>  | Netball UK League, Middlesex County, Surrey Junior Netball League                                                      | Shanaide, Tiffany & Colyn |
|  <b>U15 SQUAD</b>     | SJNL and Sisters N Sport                                                                                               | Jiyla                     |
|  <b>U16 NATIONALS</b> | London and South East Regionals                                                                                        | Shanaide, Tiffany & Colyn |
|  <b>U16 SQUAD</b>     | SJNL                                                                                                                   | Tiffany                   |

At Shan Netball, we aim to keep our fees fair and transparent while continuing to provide the best possible training and opportunities for every athlete.



### TRAINING FEES

**£15** per hour  
for all Shan Netball  
training sessions



### MEMBERSHIP FEE

**£80**  
for the season



### MATCH FEES

Will be requested on  
Spond upon match  
selection



### MATCH FEES GUIDE

SJNL: **£7**  
Regional, ENG & SNS:  
approx. **£15**

### ENGLAND NETBALL AFFILIATION (ENGAGE)



All players must be affiliated through England Netball on the ENgage platform to be eligible to play in matches.

#### AFFILIATION COVERS:

- ✓ Insurance cover
- ✓ Official player registration
- ✓ Access to England Netball member discounts

#### ANNUAL FEE:

**U18: £21.04**

**U14: £12.46**

**CLUB ID: 2058717**



#### AFFILIATE HERE:

<https://engage.englishnetball.co.uk/Membership/Online/PublicIndex?Id=58934>

### ENG LEAGUE (YOUNG PLAYER NATIONAL LEAGUE)



**YNPL**  
YOUNG PLAYER  
NATIONAL LEAGUE

If players enter the Young Player National League (ENG League), a separate player registration fee is required.



#### REGISTER HERE:

<https://www.engynpl.co.uk/ynplplayerregistration2025-26>

### PLAYER SUPPORT FUND



We believe every athlete should have the opportunity to take part and thrive. Our Player Support Fund is here to help families who need a little extra support.



#### APPLY HERE:

<https://forms.gle/kYrh2j2kDGe3FtVB6>



### IMPORTANT

All fees help us provide high quality coaching, facilities, equipment and opportunities for our athletes.



### THANK YOU

We are so grateful for your continued support and commitment to Shan Netball.

# KIT



You can order all kit online.  
Please ensure to select the  
"home delivery" option



Use the Shan Netball  
member's code:  
**SHANTSHIRT**  
for your free Training T-shirt



Match Kit



Training Kit and  
Accessories



Shan Netball training kit  
is mandatory for all  
matches and training  
sessions.  
Athletes who arrive  
without the correct  
Shan Netball kit will not  
be permitted to train or  
play under any  
circumstances.



Coaches Kit



Equipment

**WEAR IT. REPRESENT IT. BE PROUD.**  
*ONE CLUB. ONE STANDARD.*

# SQUADS & SELECTION PROCESS



SELECTION IS BASED ON THE FOLLOWING CRITERIA:



**INTENSITY**  
Training and  
match work rate.



**INTENT**  
Desire to learn,  
improve and compete.



**ATTITUDE**  
Commitment,  
behaviour and  
coachability.



**AVAILABILITY**  
Consistent attendance  
at training  
and matches.



## SQUAD SELECTION

Initial squad selections take place during  
the summer, with a full reselection  
in December.

Athletes who consistently excel may be invited  
into a higher squad, while those whose  
performance or commitment declines may  
be moved to another squad where their  
development is best supported.



## NATIONAL SQUAD SELECTION

National Squad Training consists of  
**12** invited athletes.

For each fixture, a **10**-player match-day  
squad will be selected.

Invitation to National Squad Training does not  
guarantee match selection. These sessions are  
designed to challenge athletes, support long-term  
development and prepare players for future  
opportunities.

All selected athletes are expected to make  
themselves available for matches unless  
exceptional circumstances apply.



## COURT TIME

### SURREY JUNIOR NETBALL LEAGUE (SJNL)

We aim to provide equal court time  
for all athletes wherever possible to  
support development.

### REGIONAL & NATIONAL COMPETITIONS

Court time is performance-based and takes  
into account both training standards and  
match performance.

- There is no minimum playing time.
- However, if an athlete plays less than  
one quarter, their match fee will be refunded.



## MATCH REFUNDS

To request a refund, parents must complete a  
Match Refund Form within **30 days** of the fixture.

Please note that refunds will not be issued in  
some circumstances, including (but not limited to):

- Withdrawal from a match within **48 hours**  
of the fixture.
- Failure to attend without sufficient notice.
- Other circumstances outlined in the club's  
Match Refund Policy.



Match Refund Form can be found on  
**SPOND** or requested from the Club  
Director.



**WORK HARD. RESPECT ALL. PLAY WITH PURPOSE.**  
*ONE CLUB. ONE STANDARD.*



# COMMUNICATIONS



## SHAN NETBALL CLUB DIRECTOR

Shanaide Swan

Primary contact: [shanaideblu@gmail.com](mailto:shanaideblu@gmail.com)

Emergency Contact: 07413154122



## SPOND

Decline or comment on matches/training  
on the specific thread.

To message coaches



## AGE GROUP MANAGERS WHATSAPP GROUP

General enquires (not private)

[Link to WhatsApp Groups](#)



## SAFEGUARD CONCERNS

Email Sam and Sarah

[sntasafeguarding@gmail.com](mailto:sntasafeguarding@gmail.com)



# ATHLETE REVIEW PROCESS

2026-27 SEASON

At Shan Netball, we believe regular feedback is key to helping every athlete grow and reach their potential.  
Our review process ensures athletes feel supported, challenged and celebrated throughout the season.

| REVIEW PERIOD                                                                                                | REVIEW                        | WHAT TO EXPECT                                                                                                                                                                                    | FOCUS                                                                                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>SEPTEMBER – OCTOBER</b> | <b>INITIAL ATHLETE REVIEW</b> | Athletes will take part in a one-to-one review with their coach to identify strengths, areas for development and set individual goals for the season.                                             |  <ul style="list-style-type: none"> <li>• Get to know the athlete</li> <li>• Identify strengths and areas for development</li> <li>• Set individual goals</li> </ul>                          |
|  <b>OCTOBER – DECEMBER</b>  | <b>PROGRESS CHECK-IN</b>      | Coaches will provide regular informal feedback during training and competition, celebrating progress and identifying one or two key areas for continued development.                              |  <ul style="list-style-type: none"> <li>• Ongoing feedback</li> <li>• Celebrate improvements</li> <li>• Focus on 1–2 key areas for development</li> </ul>                                     |
|  <b>JANUARY – MARCH</b>     | <b>MID-SEASON REVIEW</b>      | Athletes will review their progress against the goals set at the start of the season. Coaches will celebrate achievements, adjust development targets where appropriate and agree the next steps. |  <ul style="list-style-type: none"> <li>• Review progress</li> <li>• Celebrate achievements</li> <li>• Adjust goals if needed</li> <li>• Agree next steps</li> </ul>                          |
|  <b>JUNE</b>               | <b>END-OF-SEASON REVIEW</b>   | Athletes will have a final review reflecting on their season, recognising achievements and identifying development priorities to support their progression into next season.                      |  <ul style="list-style-type: none"> <li>• Reflect on the season</li> <li>• Recognise achievements</li> <li>• Identify development priorities</li> <li>• Set goals for next season</li> </ul> |



## OUR COMMITMENT

At Shan Netball, we believe every athlete deserves regular, meaningful feedback.

Our goal is that every athlete leaves each review feeling:



**CONFIDENT**  
in what they are doing well.



**CLEAR**  
on what they need to improve.



**MOTIVATED**  
to continue developing both on and off the court.

# CAMPS, WORKSHOPS & ATHLETE SOCIALS

MORE THAN NETBALL. WE BUILD SKILLS, FRIENDSHIPS & MEMORIES.



## HOLIDAY CAMPS

Throughout every school holiday, Shan Netball runs three-day holiday camps for athletes of all abilities. Our camps are designed to be fun, engaging and packed with quality coaching.

### ATHLETES CAN EXPECT:

- ✓ Technical skill development
- ✓ Match play and competitions
- ✓ Position-specific coaching
- ✓ Team-building activities
- ✓ Fun challenges and prizes
- ✓ Opportunities to train with different coaches and athletes across the club

Our camps are a fantastic way to continue developing during the holidays while enjoying the Shan Netball environment.



## SPECIALIST WORKSHOPS

Throughout the year we offer a range of specialist workshops, particularly during longer school breaks.

These sessions focus on specific areas of the game and are delivered by experienced guest coaches and specialist players. Previous workshops have included shooting, defensive play, midcourt, turnovers, attacking movement and position-specific masterclasses.



**SHAN NETBALL MEMBERS ALWAYS RECEIVE PRIORITY BOOKING,** with any remaining places then opened to external athletes.



## ATHLETE SOCIALS

Being part of Shan Netball is about more than just netball. We love creating opportunities for our athletes to build friendships and make lasting memories away from the court.

### SOME OF OUR FAVOURITE EVENTS INCLUDE:

-  Annual Christmas Ice Skating
-  End of Season Presentation & Awards Evening
-  Activity days and trips
-  Bowling
-  Paintball (older athletes)
-  Team dinners
-  Squad sleepovers
-  Other fun social events throughout the season



*We develop players, we build confidence, we create memories.*  
**THIS IS SHAN NETBALL.**

**SHAN**  
NETBALL 



# VOLUNTEERS



## HELP SHAPE THE FUTURE OF SHAN NETBALL

Shan Netball is proudly run by a dedicated team of coaches, parents and volunteers. Our volunteers play a vital role in creating the positive environment that allows our athletes to thrive both on and off the court.

Whether you have a little time or a lot, we'd love to have you involved. Volunteering is a fantastic way to support the club, meet other families and make a real difference to our athletes' experience.



### WE ARE CURRENTLY LOOKING FOR VOLUNTEERS FOR:



#### AGE GROUP MANAGERS

Support the communication and organisation of an individual age group throughout the season.



**CLICK HERE**  
to view the full  
role description.



#### SOCIAL EVENTS TEAM

Help organise athlete socials, parent events and club celebrations throughout the season.



**CLICK HERE**  
to view the full  
role description.



#### FUNDRAISING COORDINATOR

Help coordinate fundraising activities and events that support the club throughout the season.



**CLICK HERE**  
to view the full  
role description.



#### SPONSORSHIP COORDINATOR

Help manage relationships with businesses and organisations that would like to support Shan Netball through sponsorship opportunities. This role focuses on coordinating existing opportunities rather than cold calling businesses.



**CLICK HERE**  
to view the full  
role description.



*Interested?*

Please contact **SHANAIDE.**



*Thank you for supporting our club  
and helping our athletes shine!*





# JOINING CHECKLIST



|                                                                                     |                                                                                                   |                          |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------|
|    | <b>RENEW ON ENGLAND NETBALL ENGAGE</b><br>Affiliated with Shan Netball.                           | <input type="checkbox"/> |
|    | <b>CHECK ALL DETAILS ARE UP TO DATE ON SPOND</b>                                                  | <input type="checkbox"/> |
|    | <b>JOIN THE APPROPRIATE WHATSAPP GROUP</b>                                                        | <input type="checkbox"/> |
|    | <b>PENCIL ALL MATCH FIXTURES INTO DIARY</b>                                                       | <input type="checkbox"/> |
|    | <b>ORDER KIT</b>                                                                                  | <input type="checkbox"/> |
|    | <b>HAVE A LOOK AT VOLUNTEER OPPORTUNITIES</b>                                                     | <input type="checkbox"/> |
|    | <b>SIGN UP FOR PRESEASON TRAINING</b>                                                             | <input type="checkbox"/> |
|   | <b>READ NEW CODE OF CONDUCT</b><br>Bring signed hard copy (last page) to training.                | <input type="checkbox"/> |
|  | <b>PAY SEASON FEE</b>                                                                             | <input type="checkbox"/> |
|  | <b>FOLLOW US ON SOCIALS</b><br>Instagram: shan_netball_training_academy<br>Facebook: Shan Netball | <input type="checkbox"/> |
|  | <b>GET READY FOR AN AMAZING SEASON!</b>                                                           | <input type="checkbox"/> |

**ONE CLUB. ONE STANDARD.**  
 WORK HARD. RESPECT ALL. PLAY WITH PURPOSE.



## Important Links

To help you prepare for the season, please use the links below. These need to be completed before your first training session.

### WhatsApp Groups

Join the appropriate Shan Netball WhatsApp group for your age group to receive general club updates and important announcements.

[Link to WhatsApp Groups](#)

### Safeguarding Concerns

If you have any safeguarding concerns, please contact our Welfare Officers directly.

**Sam & Sarah** [Shan Netball Safeguarding](#)

### Player Support Fund

Need financial support with training fees or other club costs?

Read about the fund [here](#). Apply for the [Shan Netball Player Support Fund](#) here

### Order Club Kit

All Shan Netball kit can be ordered [online](#).

**Use code: SHANTSHIRT** to receive your **FREE Shan Netball Training T-shirt**.

### England Netball Engage

All athletes must renew their England Netball membership and affiliate with Shan Netball before taking part in matches. Renew your membership [here](#)

### SPOND

Join Spond [here](#)

### Membership, Safeguarding & Code of Conduct

[Read](#), sign and bring last page to 1<sup>st</sup> training session.