

Northern Ireland U19 and U21 Netball Squads 2022-23

Eligible netballers born in 2002-2005

<https://netballni.org/performance/playfornorthernireland/>

Timeline for 2022-23

3 Oct	• Registration information sent to schools and clubs via email • Nominations open on website via sportlomo
3 Oct	• Email to U21 netballers in the pathway
25 Oct	• 4pm: Deadline for nominations to be received on sportlomo
29 Oct	• Trials at UUJ from 9.30am - 2.30pm
1 Nov	• U21 Development squad announced on Netball NI social media
5 Nov	• Fitness testing
Nov	• Ongoing training (gym and court sessions)
7 Jan	• U21 training and competition squad selections (UUJ)
15 Jan	• Match play v British Colleges (Antrim Forum)
Easter	• Training Camp
July	• July - August : Summer training camps (dates tbc)
Sept	• Competition opportunities and U21 2023-24 selections
5 Oct	• 5-8 Oct : U21 European Championships (England)

Notes

Trials 29 October

These will be for *any* netballer who will be U19 or U21 in the 2023-24 season, who is **not** already in a Pathway programme (that is, you are not currently in the Warriors or the U17 squads)

Netballers may trial at training sessions provided they have registered to trial and informed the Performance Team that they can not attend trials on 29 Oct.

Trials 7 Jan 2023

These will be to select a competition long squad to prepare for the Europeans in October. It is anticipated that this squad will be made up of netballers based in NI and overseas, and a training calendar will be devised to minimise travel for those selected onto this group.

Those netballers not selected onto the U21 Competition Long Squad will continue to train as part of the U21 Development Squad

Contribution to be on Squad

It is expected if you wish to play for Northern Ireland that you are affiliated to Netball NI, either through a club membership or an individual affiliation – [click here to register](#)

S&C Programmes for netballers based outside of Northern Ireland

Netballers will link in with S&C Coach Mike Bentley for support. There will be a nominal cost for this to cover Mike’s time for providing support.

We anticipate that you will fall into one of these 4 categories -

	U19 and still living in Northern Ireland Born in 2004 or 2005	U21, living in Northern Ireland and NOT involved in another Pathway squad (ie U17s or Warriors) Born in 2002 or 2003	U19 or U21 not based in Northern Ireland (eg away at Uni or work) and NOT involved in another Pathway squad (ie U17s or Warriors) Born 2002-2005	U19 or U21 and involved in another Pathway squad (ie U17s or Warriors) Born 2002-2005
TRIALS	Please register for trials and attend on 29 October	Please register for trials and attend on 29 October	Please register for trials and attend on 29 October, or advise that you will attend a training session in Nov	You will be expected to attend the trials on 7 January if you wish to be considered for the U21 Competition squad
TRAINING	First session: 5 Nov (including fitness testing) and will have access weekly S&C and court sessions (apx 30 hours on court between Nov and Apr 2023)	First session: 5 Nov (including fitness testing) and will have access weekly S&C and court sessions (apx 30 hours on court between Nov and Apr 2023)	Where possible attend the First Session: 5 Nov Advise coach of current training and competition environment in your university set up Attend any session when you are home in NI between Nov-Dec	Continue training with your current squad, you may be invited to attend additional sessions
S&C	Weekly sessions in BRA and UUU on a Monday and Wednesday	Weekly sessions in BRA and UUU on a Monday and Wednesday	Follow University training programme or link in with Mike Bentley for support	Continue with your current training programme
SQUAD FINANCIAL CONTRIBUTION	£35 affiliation to Netball NI/your club £200 towards training costs to July 2023 Monthly S&C payment (paid directly to Mike Bentley to access 2-3 sessions/wk) You will be expected to support any fundraising initiatives for the squad	£35 affiliation to Netball NI/your club £200 towards training costs to July 2023 Monthly S&C payment (paid directly to Mike Bentley to access 2-3 sessions/wk) You will be expected to support any fundraising initiatives for the squad	£50 contribution towards coach support + contribute £5 towards every session attended You will be expected to support any fundraising initiatives for the squad	You will not be expected to make an additional financial contribution if you are already on an U17 squad. If you are on the Warriors squad, you will have to contribute to any competition costs You will be expected to support any fundraising initiatives for the squad