



London Pulse Hub Trials - FAQ

The London Pulse Hubs are back!

This season athletes from aged 13 upwards can apply to be part of the London Pulse family. On offer for talented athletes are:

London Pulse Multi sport programme comprising of netball, athletics; football and cricket working with our partners from Sunrisers Cricket; West Ham Women with netball coaching delivered by Pulse Superleague players and community/ Academy U21s assistant coach Lisa Brown.

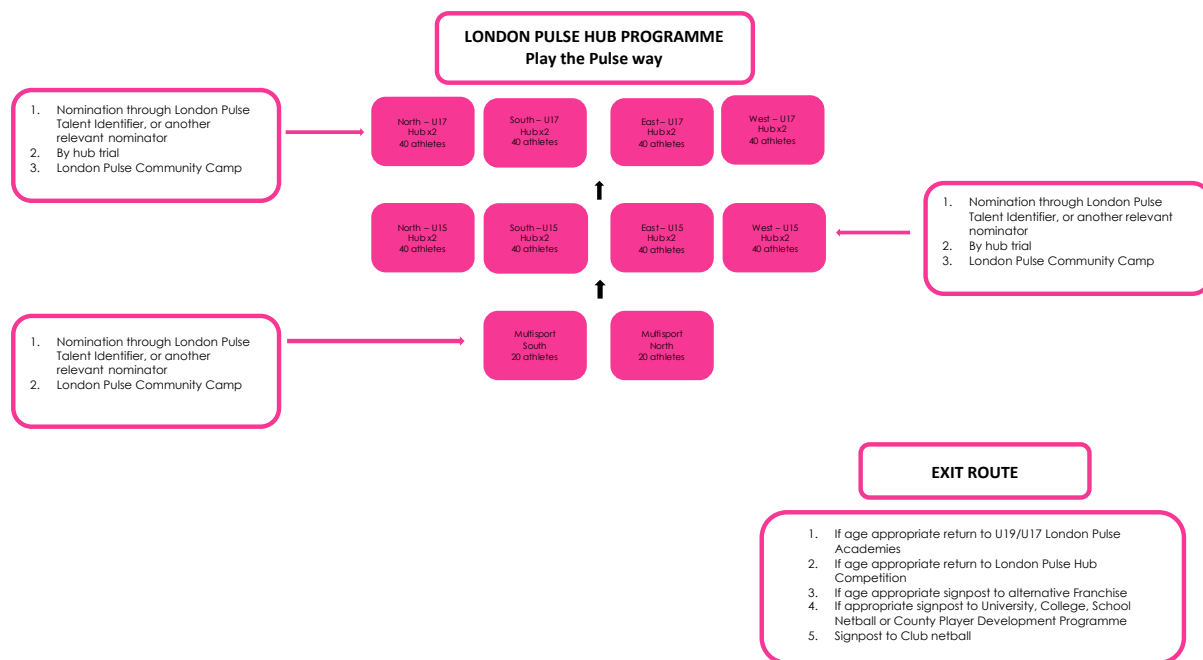
London Pulse Hubs – U15 and U17 Hubs across London and the South East will provide a 20 week (2 hours per session) training programme led by dedicated London Pulse coaches who will deliver a coaching programme formulated by the former Australian Diamonds Head Coach Lisa Alexander. Additional Extras include:

- Access to our Educate, Train, Inspire programme offering opportunities for all our athletes to develop both on and off the court. This will include a variety of topics ranging from cultural awareness, nutrition, recovery, access to commercial skills and environmental projects
- As well as working hard in training and fixtures, shooters will be provided with a London Pulse shooting programme and all athletes will be provided with a ball programme
- London Pulse inter-hub competition which mimics the Academy tournament to a degree with a large round robin final tournament, where athletes will have an opportunity to put into practice their learnings from London Pulse training sessions. All 16 Hubs compete in their age groups.
- Access to a 20 week online S&C session led by our qualified S&C coach and former London Pulse athlete Georgia Satwick

The London Pulse hubs provide opportunities for coaches to help develop athletes, in both a training and a competition environment, learning how to Play the Pulse Way.

From Superleague to Hub the Pulse Way is:

- When we are attacking – we maintain possession
- When we are defending – we win ball
- We nail the basics



Eligible criteria

- **Multi-Sports**
 - Athletes eligible must be under the age of 14 years old at 23:59pm on 31st December 2022 (DOB 2009)
- **U15 hub**
 - Athletes eligible must be under the age of 15 years old at 23:59pm on 31st December 2022 (DOB 2008)
- **U17 hub**
 - Athletes eligible must be under the age of 17 by 23:59 on 31st December 2022 (DOB 2006 or later)

If I am not able to attend trials on Saturday but can on the Sunday (or vice versa), is there anything that can be done?

We have given as much notice as we possibly could and would respectfully request that you keep both days available.

When will I be notified with my trial slot allocation (time, day etc)?

You will be sent a trial slot week ending 9 September 2022, providing you with full details of your trial. Please do not arrive any earlier than the time slot you will be provided with.

If I sustain an injury ahead of trials, will I be able to have a late trial?

Yes, you will be required to submit a progress report to keep us updated and a revised trial date will be provided for you.

If I need to isolate or have tested positive prior to trials, what will I need to do?

Please notify us at info@londonpulsenetball.com and follow the most recent Government guidelines.

If I am unable to trial on either date, can I attend a late trial at my nearest hub?

At present there will be no additional trial dates, should the situation change, we will announce this on our various media outlets.

What should I wear to my trial?

A black top or a Pulse kit with black bottoms, please note no club or school kit can be worn. Trialist will be sent a trial number as part of their slot notification and this number must be written (clearly visible) on their arm and/or leg in black marker

What do I need to bring with me on the day?

Trialist must bring the following items:

- A Ball – Pumped
- First Aid Kit – Inclusive of Ice packs and plasters
- Plenty of water
- Healthy snack to consume after your trial
- Any medication you are required to take for health issues

Will I be able to access the changing rooms at The Score?

No, please ensure you come in clothing ready to play in and that all strapping is done before hand.

Is there a place to store my valuables?

No, trialists will be responsible for their own belongings, please bring as little as possible

Will spectators be allowed

No, due to the number of trialists, space is limited

Is parking available?

There is a small carpark on Osier Way, however parking will be limited due to a separate event taking place on the same day.

An alternative option is to travel by tube. The nearest tube station is Leyton on the Central Line, one you arrive it is approximately a 10 minute walk to The Score:

- Head north on High Road toward Maud Road
- Turn left onto Buckingham Road
- Turn right onto Oliver Road

When will I be advised on the outcome of my trial?

All trialist will be sent an email by 23 September 2022, with the outcome of their trials.

Will I receive feedback if I am unsuccessful at trials?

No, due to the volume of athletes trialling we will be unable to provide any player specific feedback.