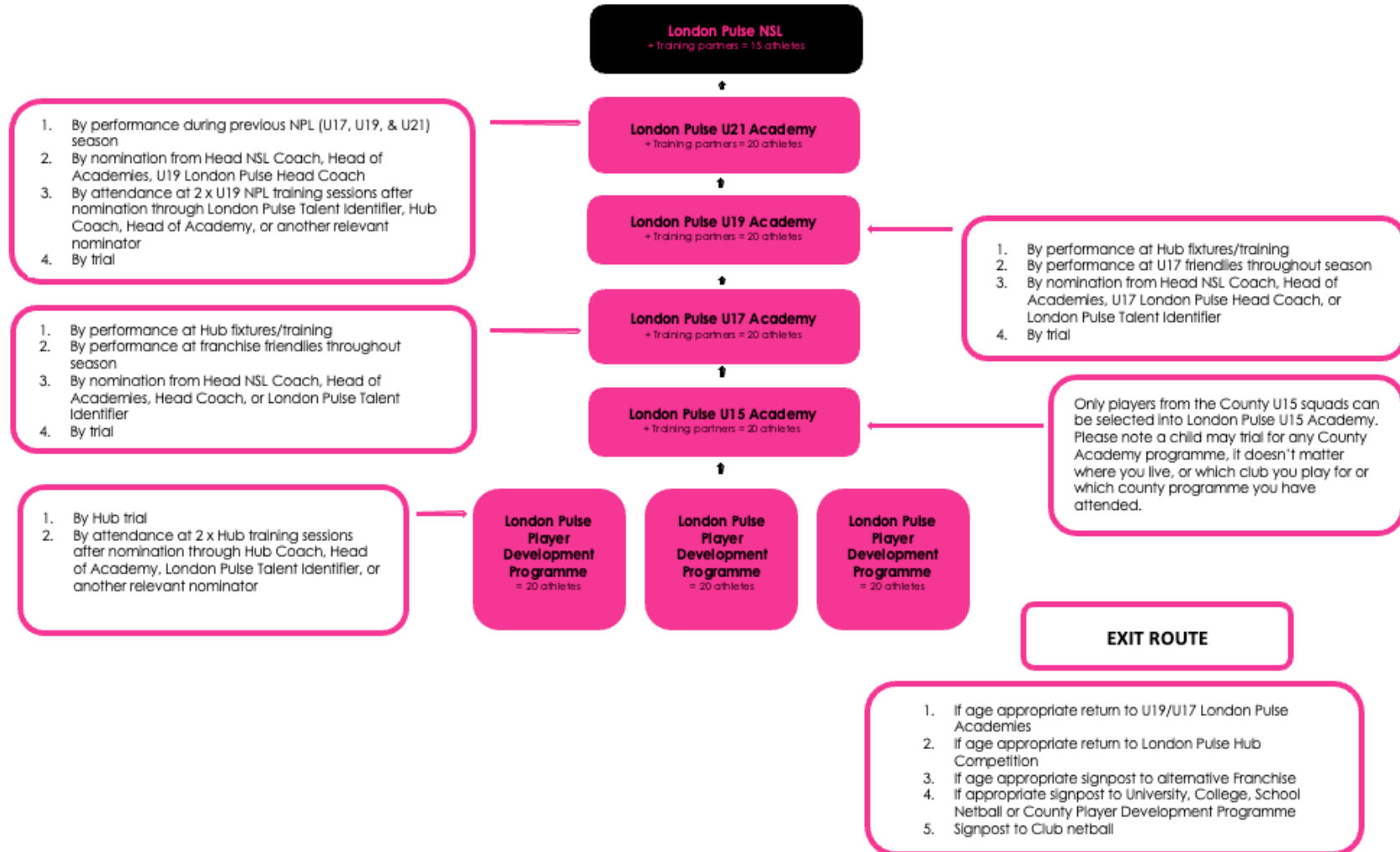


PLAYER PATHWAY PROGRAMME



The London Pulse Player Pathway Programme

	London Pulse U21 Academy	London Pulse U19 Academy	London Pulse U17 Academy	London Pulse U15 Academy	London Pulse Player Development Programme
Purpose of the programme:	Learn to play the London Pulse way - When we are attacking, we maintain possession - When we are defending, we win ball				
Outcome of the programme:	London Pulse aspires to produce strong performances at Academy level to ultimately challenge for the NPL Title. To achieve that goal and maintain it for years to come, London Pulse must develop more top-flight athletes who can function as a winning team. This aspiration provides the beacon to guide all performance activity and decision making and development of athletes within, London Pulse's Academy Programme.				
Duration and structure of training programme:	U19/U21: October 2023 to April 2024, two technical sessions and one S&C session per week.		October 2023 to April 2024, one technical session and one S&C session per week	January to May 2024, One technical session per month. June to August 2023 minimum of one technical session per week, or a minimum of 30 technical training hours during	October 2023 to April 2024, one technical session and one S&C session per week.
Programme cost:	U19/U21: Cost of the programme 2023-24: £650 (Additional cost for NPL Tournament in July 2024 – TBC and for training from June to July 2024 – TBC)		Cost of the programme 2023-24: £550 (Additional cost for NPL Tournament in July 2024 – TBC and for training from June to July 2024 – TBC)	Cost of the programme 2023-24: £300	Cost of the programme 2023-24: £550
No of athletes:	20	20	20	20	20
Age of athletes:	Aged under 21 at 23:59 on 31st December 2023 – born on 1 st January 2003 or after	Aged under 19 at 23:59 on 31st December 2023 – born on 1 st January 2005 or after	Aged under 17 at 23:59 on 31st December 2023 – born on 1 st January 2007 or after	Aged under 15 at 23:59 on 31 st August 2023– born on 1 st September 2008 or after	England Netball Player pathway programmes – athletes' age groups 2023-24 <ul style="list-style-type: none"> • Academy U15 • Academy U17 • Academy U19 • Academy U21
Duration of time athletes are in the programme:	Athletes may spend between 1–2 years at this stage				

Level of coach:	England Netball Level 2 qualified coaches				
Relevant competition:	Premier League or U21 National Performance League (NPL) or Junior International Tournaments or NSL	Premier League or U19/U21 National Performance League (NPL) or Junior International Tournaments or NSL	Premier League or U19/U17 National Performance League (NPL) or Junior International Tournaments or NSL or U15s School Games	U17 National Performance League (NPL) or Junior International Tournaments or U15s School Games	Franchise friendlies or Junior International Tournaments or U15s School Games
Athlete identification and selection:	<u>Selection Policy - LINK</u>				
Athlete (possible) Progression:	<ul style="list-style-type: none"> • NSL • Nomination to Roses Academy/Future Roses screening • Selection into U21 squad to compete in the Netball Europe Championships 	<ul style="list-style-type: none"> • NSL Team's U21 Academy • Nomination to Roses Academy/Future Roses screening • Selection into U21/U19 squad to compete in the Netball Europe Championships 	<ul style="list-style-type: none"> • NSL Team's U19 Academy • Nomination to Roses Academy/Future Roses screening • Selection into U19/U17 squad to compete in the Netball Europe Championships 	<ul style="list-style-type: none"> • U15s School Games • NSL Team's U17 • Nomination to Roses Academy/Future Roses screening • Selection into U17 squad to compete in the Netball Europe Championships 	<ul style="list-style-type: none"> • U15s School Games • Nomination to Roses Academy/Future Roses screening • NSL Team's U21 • NSL Team's U19 • NSL Team's U17