

## Rhinos Netball Development Centres and

### Advanced Development Centres

Leeds Rhinos Netball has joined forces with Leeds Rhinos Foundation and Prince Henrys Grammar School and Woodhouse Grove School. These sessions aim to bring more opportunities in netball for those not in the pathway for district, county or Rhinos. All centres will run in 10-week blocks and will have three throughout the academic year. The first block will run September to December, second January to April and the last May to July. Each child will receive a development centre t-shirt included in the payment.

#### **Rhinos U9's Netball Development Centre – £85**

**Woodhouse Grove Mondays 6pm-7pm** – Monday 30<sup>th</sup> September for 10 weeks (excluding Monday 28<sup>th</sup> October)

**Prince Henrys Saturdays 9am-10am** – Saturday 28<sup>th</sup> September for 10 weeks (excluding Saturday 2<sup>nd</sup> November)

These centres for girls born between September 2015 to August 2017. They are aimed at those beginning their netball journey and do not currently go to a club. We understand that local clubs are at full capacity, and we are working to provide more provision and opportunities for those that are currently missing out. These are 1-hour sessions on our fundamental netball skills and how we implement these in game scenarios. They will learn what each position is, how to be a good teammate all whilst having fun and making new friends.

#### **Rhinos U11's Netball Development Centre – £85**

**Woodhouse Grove Mondays 6pm-7pm** – Monday 30<sup>th</sup> September for 10 weeks (excluding Monday 28<sup>th</sup> October)

**Prince Henrys Saturdays 10am-11am** – Saturday 28<sup>th</sup> September for 10 weeks (excluding Saturday 2<sup>nd</sup> November)

These centres are for girls born between September 2013 to August 2015. They are aimed at those beginning their netball journey and do not currently go to a club. We understand that local clubs are at full capacity, and we are working to provide more provision and opportunities for those that are currently missing out. These are 1-hour sessions focusing on our fundamental netball skills and how we implement these in game scenarios whilst beginning basic tactical awareness. They will learn what each position's role is, how to be a good teammate all whilst having fun and making new friends.

#### **Rhinos U13's Netball Development Centre – £85**

**Woodhouse Grove Mondays 7pm-8pm** – Monday 30<sup>th</sup> September for 10 weeks (excluding Monday 28<sup>th</sup> October)

**Prince Henrys Saturdays 11am-12pm** – Saturday 28<sup>th</sup> September for 10 weeks (excluding Saturday 2<sup>nd</sup> November)

These centres are for girls born between September 2011 to August 2013. They are aimed at those who didn't get into pathway or do not have a club. This is the first age group where we are

[AMT Headingley Rugby Stadium, St Michael's Lane, Headingley, Leeds LS6 3BR](#)

**Charity Registration Number: 1112580 Company Registration Number: 03364718**

**VAT Number: 858 1615 74**

looking to bridge the gap between participation and performance. With these centres we will be focusing on enhancing and refining their basic skills within high pressure scenarios. We will also look to develop their advanced skills and tactical awareness and knowledge. We will look at more skills under fatigue and how we keep the quality over a duration of a game. These sessions will be 1-hour.

**Rhinos U15's Netball Advanced Development Centre – £150**

**Woodhouse Grove Mondays 7pm-9pm – Monday 30<sup>th</sup> September for 10 weeks (excluding Monday 28<sup>th</sup> October)**

These centres are for girls born between September 2009 to August 2011. They are aimed at those not in pathway or do not have a club. This is an age group we are looking to bridge the gap between participation and performance. To do this we have made these sessions 2-hours. We will look to refine basic skills within drills that are enhancing the more technical and tactical elements of the game. Skills will be focused on quality under fatigue so athletes can deliver over the duration of a game.

**To book your child's place in the development centre please visit -**

**<https://tickets.rhinosnetball.co.uk> or call the ticket office on 0371 423 1315. Places are limited and expected to fill up quickly, so book now to avoid missing out.**

We look forward to seeing you!