

LSCD Hong Kong Regional Netball Academy

Eligibility: 16 Years old or under girls who are born on or after 1st January 1994

The **Regional Netball Academy (RNA)** is suitable for netballers who want to further develop their skills and take the next step in their netball pathway. The squads will be run by the current coach of the HK Youth Netball Team, Connie Wong (HKNA Technical Manager and a Netball Australia Level Two accredited coach) and you will also have the chance of training alongside the best netballers in HK for this age group. These squads are set up to identify youth talented netballers who could be potential HK Youth (U21's) squad member to compete in the Asian Youth Championships in 2012.

The best twelve netballers from the two Regional squads will be selected and they will represent Hong Kong in the 3rd International Youth Challenge held in Singapore from 27th November to 4th December 2010.



Regional Academy Structure: Two squads will be running simultaneously in 2010:

Island Squad: Thursdays evenings from 7pm to 9pm at Hong Kong Park Sports Centre

Kowloon Squad: Saturdays mornings from 11am to 1pm at Sham Shui Po Netball Courts/Lam Tim South Sports Centre

There will be training sessions for **ALL** interested netballers in July and August. Both squads will then have selection trials during the first two weeks in September (see registration form for dates and times). Once the squad has been selected, they will train through to end of October where a team of 12 will be selected. The final team of 12 players will train in November leading up to the Singapore competition.

The sessions in July and August are called 'Training for all' sessions and there are no fees to join. However each player must submit their RNP registration form to HKNA prior to joining in these sessions. **All registration forms must be received by HKNA by Monday 30th August 2010.** The 'Training for all' sessions are not compulsory but are highly recommended for interested players. The aim is purely to give the netballers a taste on what to expect and to have a training run before the selection trials.

More information and the nomination form can be found on the HKNA website at www.netball.org.hk.

Hong Kong Netball Association

香港投球總會

Phone: (852) 2504 8208 | Fax: (852) 2577 5694 |

Email: hkna@hkolympic.org



香港投球總會



康樂及文化事務署
Leisure and Cultural
Services Department