



Celtic Dragons Athlete Induction Pack – U21

My warm congratulations on being selected to represent Celtic Dragons in the face of tough competition for places. Make the most of this opportunity and be proud to represent us.

All our Celtic Dragons coaches are here to ensure you get performance coaching, develop your game, and work hard to help the squad succeed to be the best we can be. You have a responsibility also to work hard, listen and be supportive of your teammates. Make friends, have fun and train to the best of your ability at every session.

Our Celtic Dragons Performance Pathway starts with our age group squads, which are the foundation toward our VNSL Squad.

The Pathways over-arching principles are:

- For all Celtic Dragons athletes to become the best netballers they can be
- For all Celtic Dragons athletes to have a positive experience of netball
- Consistent and sustainable success at Pathway & VNSL competition
- Upward pressure to the Celtic Dragons layers above – creating a ladder of athletes to the top
- For our Celtic Dragons athletes to progress onto their National Performance Pathway Programmes

Ultimately, we want to help you fulfil your potential, whilst enjoying the journey of netball and life.

I look forward to seeing you all progress across the season. Be proud to represent Celtic Dragons, we're proud to have you as part of our Dragons Tribe.

Dannii Titmuss-Morris
Celtic Dragons VNSL Head Coach

Performance Mission & Objectives

Celtic Dragons aspires to reach the top four of the 2025 Netball Superleague. To achieve that goal and maintain it for years to come, Celtic Dragons 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, including the management of the selection to, and development of athletes within, Celtic Dragons Performance Pathway.

In line with the Celtic Dragons performance mission set out above, Celtic Dragons' primary objectives are, therefore, to select Competition Squads capable of winning matches. Selection may also be made based on providing development for future championship success to athletes within Celtic Dragons' Performance Pathway Programme.

U21 Academy

The U21 Academy is a group of approximately 20 athletes, who will train once a week during school term time, between September 2022 – March 2023, and bi-weekly April 2023 – July 2023. Celtic Dragons have ambitions to achieve competitive success at age group level, which shapes our Performance Pathway.



Our U21 Academy will compete in friendly fixtures between November 2022 - June 2023. Athletes will need to be available for training sessions and fixtures.

Celtic Dragons' Competition Squads for any Celtic Dragons matches will be drawn from the Celtic Dragons Performance Pathway Programme, and (where applicable) by invitation from the Head of Elite, VNSL Head Coach or relevant Identified Head Coach for that Celtic Dragons Competition Squad. No athlete has the right to expect that they will be selected for any Celtic Dragons Competition Squad simply due to their previous inclusion in either of Celtic Dragons' Performance Pathway Programme or Celtic Dragons' Competition Squads.

Athletes may play across more than one squad throughout the season and can be registered across age group Squads in the U21/U19/U17 or VNSL Leagues.

Age group squads are age banded.

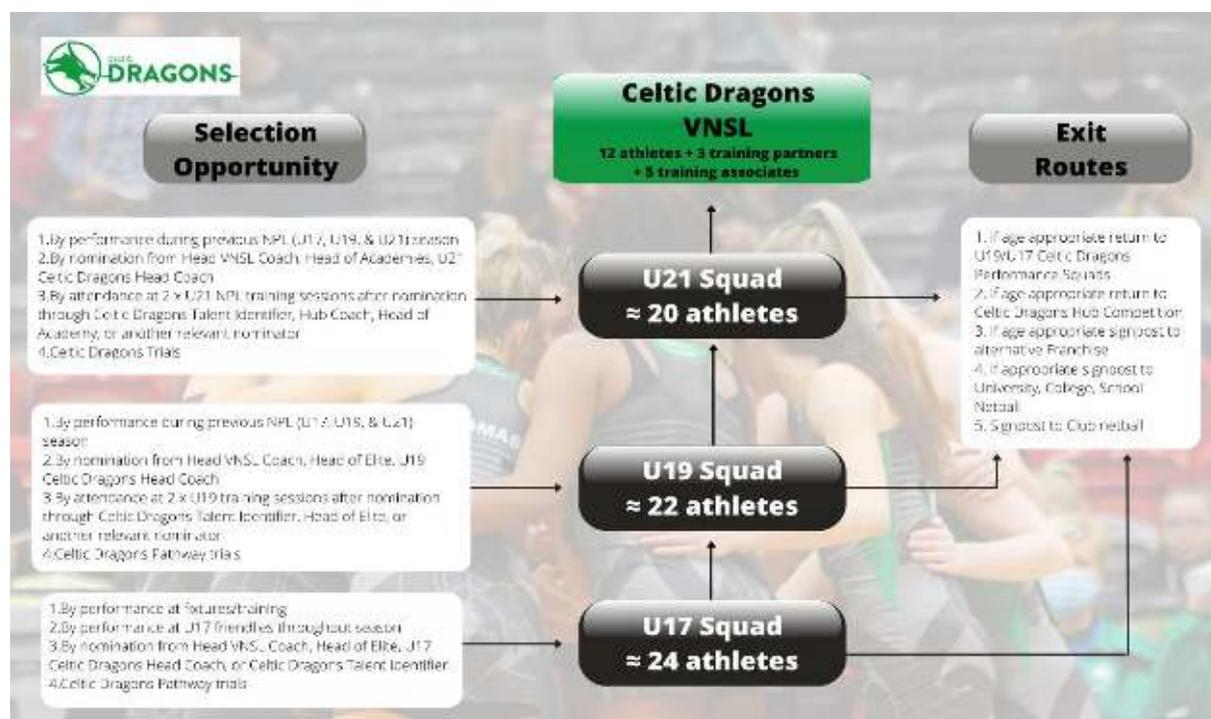
Athletes eligible for the U21 Squad must be under the age of 21 by 23:59 on 31st December 2023 (DOB 2002 or later).

Athletes eligible for the U19 Squad must be under the age of 19 by 23:59 on 31st December 2023 (DOB 2004 or later).

Athletes eligible for the U17 NPL Squad must be under the age of 17 by 23:59 on 31st December 2023 (DOB 2006 or later).

Celtic Dragons Performance Pathway

Below is a visual of our Celtic Dragons Performance Pathway.



Who's Who and Where

VNSL

Head Coach: Dannii Titmuss-Morris, Team Manager: Ceri Price, S&C Coach: Dai Watts, Physiotherapist: Bethan Dursley-Smith; Performance Analyst: Fiona Triggs



U21 Squad

Head Coach: Louise Baynham; Assistant Coach: TBA; Team Manager: Keira Davies
Saturdays 10.00am-12.00pm at Cathedral School, Cardiff Rd, Cardiff CF5 2YH

U19 Squad

Head Coach: Gail Calford, Assistant Coach: Abby Miles; Team Manager: Jess Sutton
Saturdays 12.00pm-2.00pm at Cathedral School, Cardiff Rd, Cardiff CF5 2YH

U17 Squad

Head Coach: Mel Hellerman; Assistant Coach: Anna Marsh; Team Manager: Rhianon Thomas
Saturdays 2.00pm-4.00pm at Cathedral School, Cardiff Rd, Cardiff CF5 2YH

Educational Workshops

Part of our philosophy as a club is to offer opportunities for all our members to develop both on and off the court. Therefore, we will run at least 2 online workshops over the course of the season to help your netball development. These will include our 'What it Takes' talk with the Celtic Dragons VNSL athletes. Dates to be communicated through your WhatsApp groups.

Payment

To be a Celtic Dragons NPL athlete, the associated cost is £250. There may be additional expenses which include, but not exhaustive of, travel and kit.

Subscriptions fees include:

- Technical and tactical court sessions
- Fixtures (Including before Senior VNSL Home Games)
- Educational Workshops
- Access to Playing kit (when required)

Payments are to be made online through our website on week commencing 17th September. Payments to be made via Sport80.

To secure your place within the U21 Academy, subs will need to be made by 1st November. If this is going to be difficult, please contact us.

Calendar

Training Dates:

Cathedral School, Saturdays 10am-12pm

September: 17th

October: 8th, 15th, 22nd

November: 5th, 12th, 19th, 26th

December: 3rd, 10th, 17th

January: 14th, 21st, 28th

February: 4th, 11th

March: 4th, 11th, 18th, 25th

April: 29th

May: 6th, 20th

June: 17th

July: 15th



Fixtures

Throughout the course of the season friendlies will be arranged to play against other franchises and appropriate teams. These will be communicated to you via your Coach. Squads will be selected based on performance. Not all athletes may be offered the opportunity to represent in these fixtures. If selected for a U21 friendly squad you will be guaranteed one quarter match play, anything on top of that your performance earns you.

We have arranged three U21 curtain raiser fixtures. These will be played at House of Sport preceding our VNSL Celtic Dragons fixture. Details will be confirmed via your Team Manager nearer the time.

Monday 20th Feb – U21s

Friday 24th Feb – U21s

Friday 3rd March – U19s

Monday 27th March – U17s

Friday 28th April – U21s

Friday 12th May – U19s

Friday 19th May – U17s

Athlete & Parent/Guardian Workshop – online

Time: September 21st, 6pm

Join Zoom Meeting

<https://us06web.zoom.us/j/86117927674?pwd=VnY0cTB3aS9XUTZZR0tkSHp0TGtvQT09>

Meeting ID: 861 1792 7674

Passcode: Dragons

Please can athletes and their parent/guardian attend. This will be a one-hour workshop with Dannii Titmuss-Morris chatting through expectations of the programme and our Celtic Dragons Pathway.

VNSL

We would love to see you all at our VNSL fixtures - this is where you should be aspiring to be, we therefore need for you to see what it is you are aspiring to. Each age group will attend one nominated VNSL game as a squad, where the athletes will have 'meet-and-greet' with VNSL Squad & Staff. Your Coach will organise which game this is, covid restrictions permitting.

VNSL GAMES

Please see here: <https://celticdragonsnetball.com/nsl-fixtures-and-results/> for our Celtic Dragons fixtures. Tickets can be purchased here: <https://celticdragonsnetball.ticketline.co.uk/>

Additional Extras

We expect athletes to take ownership over their own development. As well as working hard in training and fixtures, it is expected you put in the work outside of coach contact time. Shooters will be expected to follow a shooting programme, your first is attached. Your Coaches may ask for your stats from your programme. It is also expected every athlete complete a ball programme 15 minutes x 3-5 times per week, an example programme is also attached.

Training Sessions

Athletes should turn up and be ready to start training at the start time. This will mean arriving 10 minutes earlier to change, go to the bathroom, strap/tape, tie hair up. Athletes should bring



with them a named water bottle, a named ball, and 20g of protein (for afterwards) to every session, examples attached.

If an athlete is injured, they should still attend training in full kit. If an athlete is ill, they should not attend. Depending upon the injury there may still be ways for the athlete to physically take part, or if they are unable to physically take part, they will still learn by being mentally present in the Celtic Dragons environment.

S&C

Based feedback from our end of season review we will now have S&C provision. This will be set by Dai Watts, our VNSL S&C Head Coach and delivered remotely. They will be opportunities to join S&C at Cardiff Met during school term breaks. More info to follow.

Kit

Athletes can purchase kit online here: https://www.oneills.com/uk_en/shop-by-team/netball/celtic-dragons.html. Please purchase any Celtic Dragons top and any bottom. Until your Celtic Dragons Netball kit arrives, please wear previous Celtic Dragons kit, plain black or green tops and black or dark bottoms to training. No club kit to be worn.

Communications

For all communications with your Coaches please use the Dragons U21 WhatsApp group, rather than email for any correspondence.

Please add yourself to the U21 WhatsApp here:

<https://chat.whatsapp.com/F5tG0jPKZbS65yGNHEQIYy>

Communication should always come directly from the athletes, unless in exceptional circumstances. Direct communication with and from athletes, will help them to take ownership over their performance and time, whilst with Celtic Dragons. In exceptional circumstances parents may email Danielle.Titmuss-Morris@walesnetball.com for support or signposting.

The U21 WhatsApp group will typically be used for updated information on training, if anyone is going to be late or absent from training, relaying match stats, sending over ball/shooting programmes.

Enjoy

Good luck for this season, welcome to our next Celtic Dragons chapter!



Celtic Dragons Netball Code of Conduct

Our Codes of Conduct require the highest standards of conduct from everyone involved in netball to ensure that their behaviour and actions meet the values and standards always expected. Everyone must conduct themselves in an honest, fair, impartial, and transparent manner. Our Codes of Conduct are applicable to all aspects of the Sport and are driven by Wales Netball's Values (Respect, Teamwork, Achievement and Fun) and the Guiding Principles.

I will Respect:

- The rules, regulations, and requirements of the Sport, including, but not limited to, any competitions in which I participate either directly or indirectly
- The rights, dignity and worth of all people involved in netball, regardless of any protected characteristic (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation)
- The rights, dignity and worth of Children, Young People and Adults at Risk and ensure that I am aware of the Safeguarding best practice guidelines and procedures when interacting with them.
- Confidentiality and the sensitivities of information I hold on other individuals.
- Netball and the individual's reputation and not take any action or make inappropriate comments about a fellow participant, coach, official, volunteer or member of Celtic Dragons Netball staff that will bring the Sport or those associated with delivering the Sport into disrepute, including making comments on social media technology. I will respect EN's guidance and policies on social media technology.
- The position I hold within Netball and always conduct and dress myself in an appropriate manner.
- The result of the game and will not attempt to offer, offer, or accept either directly or indirectly any consideration whatsoever in return for influencing or attempting to influence the result or seek to achieve personal gain on a result which I can influence by betting on any match or event where I am participating, either by playing, coaching, or officiating, or through direct or indirect involvement.

Netball is based on Teamwork, therefore I will:

- Not abuse or misuse any relationship of trust or position of power or influence held by me in my team, be that my playing team, Club, County, Regional or Wales Netball 4
- Be on time, dressed appropriately and ready to give my full attention to the role I am carrying out within Netball
- Recognise that individuals bring different qualities and attributes but "together we will excel".
- Welcome new members, volunteers, and connected participation and cooperate with Members, Connected Participants, colleagues, coaches, officials, and administrators already in the Sport.

I recognise individuals participate in Netball to achieve and have fun, therefore I will:

- Recognise the achievements of others and applaud their successes
- Endeavor to ensure that all involved in the Sport optimise their potential by promoting the positive aspects of the sport and never condoning the use of inappropriate or abusive language, inappropriate relationships, bullying, harassment, discrimination, or physical violence.
- Not impinge on others enjoyment of the Sport or my performance by consuming alcoholic drinks, smoke or vape immediately prior to or while participating in the sport, or while safeguarding children, young people, or vulnerable adults



- Ensure that everyone can participate in a fair, honest environment by rejecting cheating, abiding by the Anti-Doping policies, and not taking illegal substances immediately prior to or while participating in the Sport.
- Display modesty in victory and graciousness in defeat; be sporting – whether I win or lose; always acknowledge the other team and the umpires at the end of the game with a handshake or three cheers.
- Never argue with an official or participant during a game and listen to and cooperate with officials' decisions
- Control my temper; I understand that verbal, emotional and physical abuse of officials, coaches, spectators, or participants, or deliberately distracting or provoking a participant, coach or official is not acceptable or permitted behaviour in netball
- Enjoy the game and ensure other can also enjoy it.

I will endeavour to abide by this code of conduct and promote it to others. I understand that if I fail to follow the code, the Wales Netball, or Celtic Dragons Netball may act against me under the Disciplinary Regulations which may result in Sanctions including fines and suspension.

Code of Conduct for Players:

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