

Kia ora koutou

Tauranga Netball Centre – Under 18s campaign 2025

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In 2025 we will be working on a new programme for the Tauranga U18 Representative team. The change is driven from the identified needs over the past 3 years, the key themes being: 1. Improving the preparation time for players to perform at the National Tournament, through periodised court skill work and strength and conditioning over a longer period. 2. Increasing the quality and capability of how we play and compete through time together to forge stronger combinations and familiarisation.

A camp will be held to select players for the TNC Under 18s teams. Friday evening 31st January, Saturday 1st February and Sunday 2nd February to be held at the Tauranga Netball Centre (venue may change)

- The Under 18 squad will train on a Saturday starting Saturday 8th February 2025 (Otumoetai College = 20 weeks)
- This squad will be entered into the Open Premier League which plays on a Thursday throughout the 2025 netball season (competition dates to be confirmed)
- Players will need to commit to this team, which will impact on players who normally play for their normal club team. We would need players to take a break from these club teams for the season.
- This team will be given exemption to register 15 players allowing the team selections to be thorough and to allow the management of injuries leading up to nationals. This team will not be allowed the use of Unregistered players or players playing up (unless they have been added to the team ongoing replacing a player) as all other premier teams are allowed to utilise.
- The Under 18s team (10 – 12 players will be advised if required for each tournament) will be required to attend all preseason tournaments, held on Sundays in June leading up to nationals (dates to be advised)
- The Under 18s (final team of 12 will be required to attend the 2025 Under 18 Nationals to be held in Waitakere from Monday 7th July (travelling Sunday 6th July) to Thursday 10th July.

Reasons for this commitment

- Coaching consistency during the season
- Player combinations, team culture and consistency of play within the team
- Longer season campaign to achieve successful outcomes
- Injury and rehabilitation management
- 1 training and 1 club game per week for this campaign to manage player loading

We understand the **impact this will have with** some club teams, however we encourage you to support these players during this time and allow them to participate, grow and develop with their peers representing Tauranga Netball Centre. Given we will have selections early in February, this will give time for club teams to confirm premier players to replace these selected players.

Selected players will have the following support throughout this campaign

- Strength and Conditioning **programmes from February**
- **Monthly** fitness testing
- Physio management
- Sport Psychology **sessions**
- Nutrition **plans**
- Team Coaching
- One on One Coaching

Ngā mihi mo to tautoko

Tauranga Netball Centre