

CLUB TRAINING SESSIONS INFORMATION SHEET

Venue: Highwoods Sports Centre (Gilberd School), Brinkley Road, Colchester – Outdoor Courts

Saturday training sessions for School Year 1 to 5.

Please arrive from 9.15am for a 9.30am start, the session will finish 10.30am.

Saturday dates for 2026-2027

- 12th, 19th, 26th September 3rd, 10th 17th October
- **No training on 24th October**
- 31st October, 7th, 14th, 21st, 28th November 5th December
- **No training on 12th, 19th, 26th December**
- 9th, 16th, 23rd, 30th January 6th, February
- **No training on 13th February**
- 20th, 27th February 6th, 13th, 20th March
- **No training on 27th March and 3rd April**
- 10th, 17th, 24th April 1st, 8th 15th May
- **No training on 29th May**
- 5th, 12th, 19th, 26th June
- **Training will only be in July depending on Youth League ending**
- **No training during August**

Wednesday training sessions for School Year 6 to 11

School Years 6 and 7 please arrive from 5.50pm for a 6pm start, finishing at 7pm

School Years 8, 9 and 10 please arrive from 6.50pm for a 7pm start, finishing at 8pm

School Years 11, please arrive at 7.50pm for an 8pm start, finishing at 9pm

Wednesday dates for 2026-2027

- 9th, 16th, 23rd, 30th September 7th, 14th, 21st, October
- **No training on 28th October**
- 4th, 11th, 18th, 25th, November 2nd December
- **No training on 9th, 16th, 23rd, 30th December**
- 6th, 13th, 20th, 27th January 3rd, 10th February
- **No training on 17th February**
- 24th February 3rd, 10th, 17th, 24th, March
- **No training on 31st March 7th April**
- 14th, 21st, 28th April 5th, 12th, 19th, 26th May
- **No training on 2nd June**
- 9th, 16th, 23rd, 30th, June
- **Training will only be in July depending on Youth League ending**
- **No training during August**

Parents Delivery and Pick up to training session guidelines

- School years 1 to 7, parents or suitable adult **MUST** bring and collect child to and from courts and then has option to stay on site or leave.
- School years 8 and 9 **WE WOULD PREFER** parents or suitable adult bring child to and from the courts and then has option to stay or leave
- School years 10 and above is left to parents/suitable adults' discretion
- In all cases **please could we ask you are not late collecting your child**

TRAINING SESSION INFORMATION SHEET

- We train outdoors, all year round so please dress appropriately.
- Trainers that are supportive, not fashion or converse type trainers.
- Tracksuit, leggings or shorts. T shirt, sweatshirt or sports top
- We have Kats training kit if you would like to purchase it - T shirts (£10) , hoodies (£17), white short socks (£5) just ask at any training session for them.
- At training we would like the following from participants:
 - Regular attendance
 - Good behaviour, good attitude and concentration
 - Respect for coaches and other player
 - Try as best they can
 - All jewellery left at home, no jewellery should be worn during netball activity
- Please try to arrive 10-minute before the start of the session, so you are ready on time.
- On arrival have your name marked on the register
- Mobile phones stored away from start to finish of training. They should only be used in an emergency
- Training will only be cancelled in the case extreme bad weather either hot or cold and you will be notified by the training age WhatsApp group.
- Toilets and Changing Room Guidelines - The toilets and changing rooms at Highwoods Sports Centre are public spaces accessible to adults as well as young people. Parents need to be aware of this and familiarise themselves with the centre policy for changing. The club does not monitor the changing room and toilets.

Kats teams

Training session are where we will select teams for the youth league and for some the adult league.

We will be looking at players from the first week they start.

All info on Leagues are on League matches info sheet.