

A female netball player with blonde hair tied back, wearing a blue netball jersey with a crest on the chest. She is holding a white Gilbert netball with red and black patterns above her head with both hands. The background is a blurred indoor sports hall.

# NETBALL

Netball is the largest female society at the University of Worcester, providing opportunities for performance, development and recreational players. There are also numerous chances to become involved in coaching, umpiring and volunteering through both educational courses and work experience.



University  
of Worcester



## PERFORMANCE

UWNNetball Club consists of five BUCS teams and our 1<sup>st</sup> and 2<sup>nd</sup> Netball teams are University of Worcester Performance teams. The 1st team compete in the Northern Premier League facing teams such as Loughborough University 1sts and Northumbria University 1sts.

Performance teams receive tailored S&C programmes, performance video analysis and sports therapy and massage support. The University of Worcester Netball Club is working towards creating a High Performance team culture with our #oneHEART core values: Health, Energy, Attitude, Responsibility and Teamwork. This performance culture filters into all

areas of match preparation; prehab and warm ups, nutrition and hydration, seasonal and match targets both as teams and as individuals and recovery post match. The club benefits from links with Netball Super League Franchise Severn Stars, which is jointly owned by the University of Worcester and University of Gloucestershire. A number of UWNNetball members train or play for Severn Stars in the Super League and in National Performance League U19 & U21 squads.

## SPORTS SCHOLARSHIPS

If you have an outstanding record of achievement in netball and want to combine this talent with study, then you may be eligible for one of the three types of sporting scholarships (Gold, Silver and Bronze) that are available. For more information please contact University of Worcester Director of Netball (see reverse for contact details)

# DEVELOPMENT

Within UWN Netball 3rd, 4th and 5th BUCS Teams, every player is encouraged to play, train and develop. The coaching team ensure all sessions are tailored and inclusive. Training includes shooting and fitness sessions as well as technical sessions with team coaches. UWN Netball's 4th and 5th teams have also benefited from having coaching sessions with Severn Stars Super League players.



# RECREATIONAL

UWN Netball offer opportunities for recreational netball players through its Community Netball Nights programme. These training sessions are fun and inclusive and open to all players, no trial required. Community Netball Nights are pay and play, so that students can easily fit netball around their schedules. We have friendly fixtures other Development teams so that students also still have the opportunity to represent their University competitively if they would like to.

# UWN Netball Club

The club also offers opportunities to meet people through Socials each Wednesday, where members come together to have fun away from the court and celebrate game days. The society is a great group to be part of, bringing a strong support network to your time at the University of Worcester. Additionally, the club is also highly involved in fundraising and charity tournaments where lots of fun can be had whilst contributing.





## FIND OUT MORE

Book your place at a University Open Day Netball Workshop to give yourself the opportunity to find out more about the courses on offer at the University of Worcester. To book a place on the Netball Workshop please email our Director of Netball, details below. The day includes a presentation on the Netball programme including Q&A with current students



[worchester.ac.uk/opendays](http://worchester.ac.uk/opendays)

## Get in touch

Feel free to contact our Director of Netball, Louisa Walker



[l.walker@worc.ac.uk](mailto:l.walker@worc.ac.uk)



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