

Why try Netball?

Netball is a physically demanding team sport. It is a fast-paced positional game whereby teams score by shooting at one end of the court. Many tactics are involved in netball that require a high level of skill and athleticism.



Who can do it?

Netball is accessible to all at participation, competition and performance levels. Netball runs as an option in the spring term, however players can access netball in the autumn term as a club and in squad sessions. Year 10 pupils can request to play netball full-time in both terms if they are in the performance pathway. Year 11 and Sixth Formers can choose to be netball specialists and compete across two terms.

Each team has its own suitably experienced and qualified coach with regular fixtures on Wednesday and Saturday afternoons. Various competitions ensure players are challenged at all levels. The high performing players are supported in various ways, including nutritional advice, lifestyle support and access to high performance training and coaching.

Highlights from 2018-19

- U14, U16 and U19 teams were County School Champions
- U14 and U19 teams were Regional Schools Champions
- The U19 team placed fourth at the Nationals Schools Tournament
- U15 were Champions of the ISNC
- U19 were runners-up of the ISNC
- U15 were runners-up of the World School Games
- Team Bath partnership formed, with a performance hub at Millfield
- Twenty-nine girls featured in the performance pathway across Satellite and County Academy and NPL age groups. Four were selected across U17, U19 and U21 NPL age groups with one playing for Team Bath Superleague

Looking forward to 2019-20

- More Millfield players representing Superleague franchises at all age groups
- Players gaining International Caps
- Talented players joining Millfield on scholarships
- Further Strength and conditioning input in games sessions
- International Tours for three age groups

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High performance

To help pupils perform at their best, Millfield offers 1-1 coaching sessions, strength and conditioning input, physiotherapy support and sports psychology. Video analysis is also used to aid performance in training and at matches. Millfield has close links with Team Bath, Severn Stars and the Somerset Performance Pathway, with pupils playing for both franchises and within Satellite and County Academies.

Jemima joined Millfield in Lower Sixth and has been a part of Severn Stars and Team Bath performance academies as well as competing in the 1st team at Millfield.



"Having moved from Switzerland, I have experienced so many more opportunities at Millfield which have taken me from Regionals to Nationals, as well as now being a part of the Team Bath setup. Netball at Millfield is not just about developing my skills as a player, but also making strong friendships on and off the court. It has helped me with decision

making, developed my time management skills and given me a sense of belonging. I have received so much support from my coach and the strength and conditioning team. There is something very special about wearing the Millfield dress and you feel proud to represent Millfield every time you walk out on court."

Success stories and future stars

Former England Netball Captain, Pamela Cookey, was a pupil at Millfield. Many pupils are regularly selected and involved with Superleague franchises, the Welsh and Swiss setup and the England Netball Performance Academies at all age levels.



OM Hannah Passmore says: *"At Millfield, netball is played at a high level, requiring skill, speed and strength. It takes commitment, responsibility and multi-tasking. What I have loved is friendships created and the unique bond you have with your team. Our dedicated and experienced coaches support you, not just until you 'get it right' but until you no longer get it wrong. I am extremely grateful to have been part of a team where the coaches celebrate your highs and your lows as well as helping you to overcome adversity. Thank you Mrs Adamson for an amazing few years of netball 1st team."*